

Kent AC Newsletter

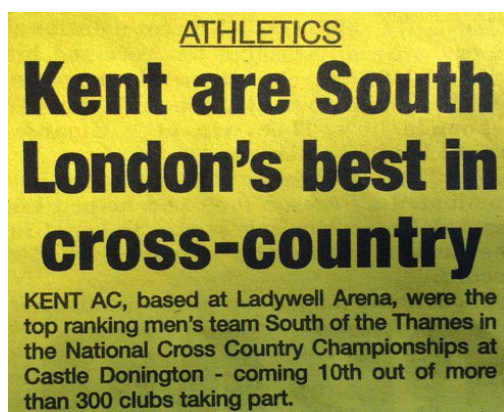
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Cross Country Triumph

Kent Athletic Club had a fantastic Winter season over the country, with success for both men's and women's teams.

- The men won the Surrey Cross Country League for the fourth year in a row, with both John Gilbert and Alex Yee winning races. The women's team won promotion to Surrey League Division One.
- Both men's and women's team won at the South of the Thames five mile race last November, with the club's Alex Yee and Amy Clements winning gold and silver individual medals.



South London Press, 5 March 2015

- In the South of the Thames Senior race, Kent AC men won for the first time since 1907, with the women's team securing a silver. Amy Clements again won a gold medal, with John Gilbert winning the men's race.
- In the National Cross Country Championships, in which more than 300 clubs took part, Kent men were 10th and the women's team came 17th.
- John Gilbert won the Kent County Cross Championships at Brands Hatch, where Amy secured a silver and Oliver Bright and Isabel Bradley won bronze medals in junior races.
- Alex Yee won both the English Schools championships and the Edinburgh International Junior Cross Country Race, as well being first British finisher in the European XC U20 Champs.
- Ollie Bright won the London Schools Year 8 Cross Country Champs held at Avery Hill, Greenwich in March.

No wonder that in its end of season round up, Athletics Weekly had three Kent AC runners in its national cross country rankings: Alex Yee first in the Under 20 category, John Gilbert 6th in the M35 category and Chris Greenwood 2nd M40.

Full reports on these and other races inside.



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Surrey League Cross Country - Men

All cross country reports by Andy Gardiner unless otherwise stated

Race 1: A Great Start at Wimbledon

Doesn't time fly? It seemed like yesterday that we were basking in the glory of a third league win in a row. On Saturday October 10th 2015 the cross country season resumed and the big question from our point of view was could we win again – and the answer was an emphatic yes.

Although the outlook looked good with a glance at the team toeing the start line, it had to be borne in mind that several key players would have had the Berlin Marathon in their legs. Post-Berlin or not, however, on the first lap John Gilbert was running his usual race and taking things on at the front of the field. Although many of us are familiar with Wimbledon Common courses, this one was new to most. It was extremely narrow and twisty in parts, and while some rather liked having to use sharpened elbows, others were less enamoured of the course.

Early on, John was accompanied by pre-race favourites, Belgrave's Paskor Owor and Clapham's Andy Maud. The pair were to pull away on the second lap to have the mother of all battles up the last gruelling hill, before Paskor won out by a second. And all credit to the Belgrave

man who created league history with his feat of winning four consecutive races. Unsurprisingly, John's efforts led him to suffer somewhat and that canny operator Chris Greenwood worked his way through to finish an impressive third in the race. John was secure in fourth but followed by James Connor who is clearly getting back to the form he was showing a couple of years ago – hopefully putting his injury problems behind him. In close attendance was Owen Hind, who ran so well at the previous week's six stage relays.

Then in eleventh – just missing out on a top ten finish – was Neil Phillips. Post-race, Neil was being a little hard on himself about the quality of the run. But he too had done Berlin and so this was a more than decent performance. Ben Harding came home in 20th, having responded to Ken's ambitious call to take people on the long hill that led to the finish (I think he managed even more than Ken had stipulated). Our next finisher in 35th was another looking to put injuries behind him, Gareth Anderson. He was followed by Chris McGurk making a very encouraging debut in our colours. Strong man Michael Longley was our next finisher and it was good to see Tom Muddiman completing the scoring team.

We had 27 runners out in total and again it was a really good cross section of the club. There were a number of strong performances just outside the scoring team and we also had some debutants putting in promising runs.

Post-race celebrations were held at adjoining pubs on the Ridgway which gave some of the old timers present a chance to reminisce. It was here that people gathered to shout encouragement as runners slogged up the hill when the Southern 12 stage used to be held round the common. In those days the club had rather modest ambitions – like not being lapped and finishing as far away from the back of the field as possible. Just goes to show how times have changed!

Race 2: Back at Wimbledon

The second Men's Surrey League Division One race of the season was again held on Wimbledon Common on 7 November 2015. However, this time the course was familiar to many of us as it was held on Belgrave's traditional course. Our aim was to both try and repeat the success of the first fixture, but also to see if we could have a record turn-out of runners. The aim was for 30 runners.

Despite the blow of James Connor not being able to run (sensibly nursing a troublesome hamstring), the pundits still had a degree of optimism that we might be able to achieve a second victory. If not, the feeling was that we



The new Kent AC banner on Wimbledon Common, Race 2

possessed enough quality to lose by a narrow margin. As it turned out, it was that latter scenario that prevailed. But in terms of numbers we made it - well after a fashion. It looked as though we would fall short as just before the off we had twenty nine starters. We hadn't bargained for that perennial late comer – Ron Taylor. Unfortunately whilst we may have made it to 30, two of our number picked up injuries during the race that meant they were unable to finish. Although it meant points went missing, there's probably no use in getting too caught up with what might have been. On the day Hercules Wimbledon had a terrific result to edge us out and claim a narrow victory. Their packing was impressive.

At the sharp end, the usual suspects were to the fore on the first lap. This of course included John Gilbert - "fresh" from his triumph in the Snowdonia Marathon. As per usual, he was mixing it with the duo who so keenly contested the last fixture, Belgrave's Paskar Owor and Clapham Chasers' Andy Maud. In amongst them was a newcomer from South London Harriers, Ben Coldray, who was to finish third. Just off the pace on the first lap was Chris Greenwood who was due to represent England in the Masters International on the following weekend. Chris seems to have perfected the art of pacing so well; demonstrated here as he moved through to take fourth. He was to pass John (even he's not indestructible) and then got the better of Belgrave's renowned road racer, Phil Wicks. Always good on hills, Chris used the hill to his advantage to make inroads on the Belgrave man and then to get ahead of him in the final stretch. Considering the Snowdonia race must have been in his legs, John's sixth position was another remarkable effort. Just one place behind in seventh was Owen Hind. Pre-race there'd been talk that the course with its long flat gravel pathways might suit Owen and so it proved.



Neil Phillips in action at Mitcham

Our next scorer with a very creditable 14th was Neil Phillips. As previously mentioned, Neil can be a bit hard on himself after races, but to most observers there's no doubting his value to the team. I'm told our next two runners' home used the same tactic to great effect - namely starting steadily and moving right through the

field. The scorers in question were Gareth Anderson (23rd) and Michael Longley (33rd). One for the trivia quiz next, with Tim Lawrence (46th) just edging out an Andy Lawrence from Thames. Apparently no relation, but a good stat nonetheless – Lawrence, beating Lawrence. Then just one behind Tim's namesake was newcomer Daniel Ansell (48th). Making the scoring team was obviously a very promising debut. The final two scorers for the team were Phil Sanders (55th) with his customary solid run and Calum Fraser closing in on (63rd).

A bit further down the field there were some strong performances – several by individuals with very little Cross-Country experience. And it's good to see there are some fierce rivalries developing right the way through the team. Whilst we may not have achieved the hoped for victory, it still has to be regarded as a successful day - getting a close second and actually increasing our lead over the second placers in the league table.

Race 3: Mitcham Common

Given his success in recent years, the fact that the Surrey league fixture at Mitcham Common on January 16th 2016 was actually John Gilbert's first Division 1 league win was met with some surprise. There's been plenty of team success and individually he's been second and third on a number of occasions. In fact a couple of years ago he was technically first League finisher in a race at Putney Vale, albeit being beaten in the race by a guest, Danny Davis. But he had never actually won a Surrey League race outright.

Following on from his Kent County win the previous week, the day saw another very strong run from John. However, though it shouldn't detract from the strength of John's run, it has to be seen in the context of what appeared to be a miscalculation on the part of Belgrave's Paskar Owor over the length of the course – a course that was always going to suit the fleet footed Ugandan. He was putting on the burners on the second lap

and getting some distance on John, but, it turned out, was under the misapprehension that the finish was going to be after two, instead of three laps. Unsurprisingly the effort Owor put in will have had an effect, but it's really in the realms of speculation as to whether the outcome would have been different without the Belgrave man's aberration.

In the event, it turned out to be John's third win in a row – it started with the South of the Thames Senior, then followed up with winning the Kent County title and capped with this, his first Surrey League victory. Interestingly, there was another sequence of threes for Chris Greenwood – in his case three fine third place finishes and in the same races in which John was the victor. There could be something going on here with this symmetry – we should be told!

Just to give a bit of variety there was a change in finishing positions between our next two scorers, Owen Hind and Neil Phillips. In the previous two races Neil had been in front of Owen. This time though Owen just got the better of Neil on a course that was probably a bit more to his liking than the previous two long haul races. In between their personal duel they both had a tough battle with Belgrave's second scorer.

Mike Coleman, guesting for us, but not scoring, came in thirteenth. Our fifth score (22nd) was actually Jonathan Tripper who followed up his terrific cross country debut in the previous week with a very impressive outing in his first Surrey League. There was a bit of a gap until our next scorer, making a welcome return to racing, Ben Hope (39th). A few years ago Ben had an excellent run for us in the Kent County, but largely due to injuries we hadn't seen much of him lately. He'll clearly be a real asset to our team if he can keep injury free for a while.

In this race, the 'B' team bragging rights went to Tim Lawrence, having probably his best race of the season so far. Not far behind was Pete Lightning (50th), while just behind was Gareth Anderson in 52nd. Then, just a couple of seconds back, was Daniel Ansell (53rd). In addition, there were some very competitive runs further down the field from the large Kent group that turned out. We were some way off the hoped for figure of 30, but there was nevertheless a good number aiming to ensure that we got back to winning ways.

Race 4: Season finale and League victory at Wimbledon

Talk before the final Surrey League fixture at Wimbledon on 13th February 2016 was about the need to field a strong team as it was certain our rivals would be doing all they could to defeat us. So supporters were cheered to see that not only were our regular big hitters out, but Alex Yee, the super talented young triathlete who's beginning to make a real name for himself for his running exploits, was lining up in our colours.

The anticipation levels were high as Alex had already won the South of the Thames Junior, as well as the prestigious International race up in Edinburgh. Alex didn't disappoint, putting on a display that showed what a class act he is. It

was suggested that he might bide his time on the first lap, but obviously feeling good he decided to push the pace and the likes of John Gilbert and Paskar Owor just couldn't stay with him.

Before the end of the first of the two laps he'd built up a decent lead over John who was having his customary battle with Paskar Owor. The second lap saw Alex build on the lead and he came home a convincing winner. On very sketchy training, John did well to get the better of Paskar – a tussle that I'm sure John will miss next season (more of that later).

As usual our next man in was Chris Greenwood (5th), who was perhaps a little disappointed that he hadn't been in closer attendance for the battle for second and third as he has been in previous league races. However, the race came after a heavy block of marathon training for Chris, involving a seriously long run, so it was maybe not surprising he didn't quite have the pace shown at earlier races.

Keeping Chris company for much of the race was Mr Consistency himself, Neil Phillips. Yes, another top ten finish in the league, and unsurprisingly many people's Kent AC man of the series. As people who will have glanced at results will know, Neil is usually battling it out with Owen Hind. However, in Saturday's race it didn't quite work out like that. For anyone who writes these reports Owen's a dream – he makes for great copy, as a proper journalist would say. He never disappoints. The man who collapsed at the finish line a few races back had a nasty collision with a post that resulted in him having to gather himself and get going again after having the wind knocked out of him. As a result of his altercation, Owen was a fair bit further back than he would likely have been. But fair play to him, he got going well and still managed to finish 24th.

Just ahead of Owen was James Bowler (21st), who seemed to have found this course a bit more to his liking than some of the others we've encountered this season. It was no surprise that James went well in this race as he had given an indication of the speed he possesses the previous weekend at the Chichester 10K. Following on from Owen there was the tantalising little lull before the first member of the 'B' team training group came home. On this occasion it was Pete Lightning running strongly to be our seventh man home in 42nd. He was followed by Ben Hope (43rd), who we're delighted to see back running and contributing so well to the team effort. Next scorer on the day was a man seen consuming a very strange looking brew pre-race. Whatever it was, it seemed to have the desired effect on the man in question – Tom Muddiman. He had one of his best showings for us over the country – just missing out on a top fifty placing (51st). Then, perhaps fittingly in the final fixture in which we claimed victory, our tenth scorer was skipper Stuart

Beaney (61st). Readers won't be surprised to learn that this result put a certain spring in his step.

Just outside our ten scorers there were a number of strong runs as well as those personal little battles that we all enjoy. Tussle of the day must be the matchup between Tom Webb and Luke Armitage, if only for the fact that it clearly mattered so much to Luke. On the day Tom was the victor and post-race it was evident to all those assembled at The Crooked Billet that revenge was on Luke's mind!

So it was a case of mission accomplished. We might still have been able to win the league with a narrow defeat in this fixture, but coming out victorious would seal the deal – and that's exactly what we did. In the event it was a narrow victory by just eleven points – demonstrating that Hercules have really come on recently. However, I've no doubt we will be up for the challenge next year when we'll be going all out to make it five in a row.

Finally, there was real drama in the battle to stay up. By the narrowest of margins – one point – Clapham Chasers got the better of Belgrave. So Belgrave – with League

legend Paskor Owor - go down along with Guildford who looked doomed from the start.

Junior Race

As reported earlier, Luke Armitage was not exactly overjoyed at his own performance – having taken a beating at the hands of Tom. However, he surely derived some comfort at his son, Noah Armitage-Hookes's, fine victory in the junior race. It was great to see Noah running in a Kent vest (probably his father's) even though he wasn't scoring. Noah started conservatively but eventually powered away to win by a convincing margin.

Also running well in the race was Ollie Bright and Isaac Maxwell. Earlier in the week Ollie won the Lewisham Schools Cross Country race and he continued to show fine form in this race. Ollie, who's in the youngest age category, was 18th in the combined age group race which was excellent running. And Isaac, an Under 15, was 50th in a field that wasn't far off a hundred starters.



Surrey League Cross Country (women)

Race 1: Roundshaw Downs

Kent AC women started the season in Division Two of the Surrey League and finished it having been promoted to the first.

It all started at Roundshaw Downs on 10th October 2015 where the team won by slimmest of margins - just a single point. This is some achievement, though, when there were some notable absentees from our team - some

recovering from the Berlin Marathon whilst some had other commitments.

As was the case last year, the two divisions are combined into one race which makes for huge numbers on the start line. The numbers are so high only certain courses are able to cope with the sheer size of the field. But there clearly seems a very strong case for running two separate races.

This race was by all accounts on a fairly uninspiring course around playing fields at Roundshaw Downs. Although reportedly not feeling a 100%, Cath Stibbs still managed a very creditable 4th place. Hard on Cath's heels was Lydia Blackmore (5th) another of the Kent ladies who apparently possesses a blistering finish. I commented last year on how so many Kent women seem to have impressive finishing speed. However, it seems Lydia's may be the best – I think the word awesome may have been used.

Victoria Buck delivered her usual consistent performance, coming home eighth. Our fourth scorer in the five to score was Kate Williams - another with a renowned finish. (Your correspondent can testify to this having been crushed into submission by her finishing kick at the last Assembly league). Kate was sixteenth in the Division 2 race.

The scoring team was made up by long standing member of Adrian's group (one of the originals I believe), Natasha McKenna in 25th.

The other four runners who contributed to the club's cause were Ellie Brown (41) Nicola Cartlidge (96) Annabelle Hadlow (190) and I understand making her debut, Linda Eyre (190).

Race 2: Esher

Kent AC secured their second win in a row at Esher on 7 November 2015, leaving them nicely on course for promotion. With Amy Clements back in the fold, the second league win was accomplished with a little more to spare than the first. Amy understandably missed the first fixture, having a deserved break after her fantastic Berlin Marathon performance. She made a fine return to racing – coming second in the Division 2 fixture and third in the race that is combined with the higher division. I know she had some top finishes in the league last year, but I believe this was the best yet.

Warming up for her debut in the Master's International, Cath Stibbs came home in seventh in the Division 2 race. Our next scorer, having an impressive run, was Teresa Murphy in 9th. Then judging by the fact they

were only a second apart at the finish it looks as though our fourth and fifth scorers – Victoria Buck and Lydia Blackmore had a bit of a battle to close the team in. Victoria was (17th) and Lydia (19th). So that was our five scoring runners home in the first twenty.

As at the first fixture, we had nine runners competing and the runners in question all put in fine performances on a pretty tough course. Kate Williams was the sixth runner home - running so consistently and again first V50 in the Division 2 fixture, finishing (34th). After Kate were two relative newcomers to the joys of cross country running - Cathy Hirschman and Bethanie Shakespeare. And then our ninth runner was the redoubtable, Annabelle Hadlow. Annabelle shows real club spirit with her commitment - rarely missing a team fixture

Earlier I mentioned the course which again had a bit of difficulty coping with the 400 plus runners who ran in the combined fixture. Interestingly, Athletics Weekly reported that the league is again going to look at the issue of having separate divisional races as is the case with the men.

Race 3 – Reigate Priory

The women's team strengthened their position as leaders in Division 2 with a strong showing at the scenic Reigate Priory course on 16th January. And while it may have been a picturesque setting, it was also a tough one – with a mixture of rutted ground interspersed with tracts of mud.

The team were again led home by Amy Clements with another fine run against top quality opposition. As previously mentioned, the divisions are run together and Amy was second in the race overall. She lost out to a real quality athlete, Gillian Sanders, who has represented South Africa in triathlon events. In terms of division two, the strength of the team was reflected in the fact that our five runners were home in 16.

After Amy, Teresa Murphy had what was probably her best race for the club, placing sixth in the division, and 26th in the combined race. No doubt about it this was a very good run. Then, returning to the fray after having to miss



Kent women at Reigate Priory

out at the previous weekend's County Championships was Cath Stibbs (8th). The two other scorers in this impressive display were Alison Thompson (14th) and Lydia Blackmore (16th). I believe this may have been Alison's first actual cross country race – if that was the case, it was an impressive debut.

Bethanie Shakespeare had a very encouraging run coming home in 44th and we also had Nicola Cartledge, Annabelle Hadlow (as always!) and Linda Eyre competing well for the team.

Race 4: Richmond Park – top of the Division and promotion

Kent AC's women had a big lead over the other clubs in Division 2 going into this race, but it was great that they were able to sign off in style. They really showed their dominance in the final fixture at Richmond. In Division 2 our five scorers were all in the top ten while our 'B' team had all the scorers in by 30. If you looked at how our runners fared against those from Division 1, there were plenty of grounds for optimism about next season.

Coach Pete Boxshall did a quick totting up afterwards and reckoned we might have finished second or third had we been competing against the Division 1 clubs on Saturday. Obviously Amy Clements, who was fifth on the day, is going to a major player next season. But it's encouraging to see other Kent AC women as well as Amy and Cath Stibbs right up in the front half of the field. In the final

fixture Teresa Murphy showed again how she's improved, finishing ahead of Cath and just outside the top twenty in the combined field. But congratulations must go to Cath as it seems that with Amy missing out on one race, Cath was top in the overall standings for all four fixtures. In addition Lydia Blackmore wins plaudits for coming third in the overall standings.

Part of the reason why we can have grounds for optimism next season must be the fact that we had three women making impressive debuts in a league fixture. One place behind Cath and 34th in the combined race was promising under 20 runner Isabel Bradley, who looks one to watch out for. Jennifer Smith, who ran so strongly at Parliament Hill, again ran well to finish 39th. And the other newcomer to the Surrey League, Laura Blazney, was a more than useful 58th: all impressive achievements in a field just short of 400 runners. Lydia Blackmore, who as mentioned was third in the overall Division 2 standings, was a little way in front of Laura, finishing 47th in the combined race. As per usual there were solid performances from many of the other runners who contribute so much to the strong team ethic.

Finally, it was great that Natasha McKenna was able to bow out as a member of a winning team. Natasha's going to be first claim for South London Harriers as she's living in their manor now. However, she is one of the longest standing members of the women's group, going back to their early tentative days in the Kent League. I'm sure this race will be a very positive memory for her.



Kent women at Richmond for last fixture of 2015-16 Surrey League

South of the Thames Cross Country Races

The cross country races organised by the South of the Thames Cross Country Association have been part of the athletics calendar for over 100 years, drawing in clubs 'based in an area bounded by the River Thames in the north, the south coast, the county of Kent in the east and as far west as a team might be prepared to travel'. There are two races each season – a 5 mile race (confusingly once known as the Junior race, even though it's a race for senior runners) and a 7.5 mile race later in the season.

South of the Thames Five Mile Race

The South of the Thames five mile race at Polsden Lacey on 21 November 2015 gave us the rare opportunity for both the men and women of Kent AC to run in the same cross country race. It's a race that is definitely on the up as far as the quality of the field is concerned – a glance at the start list provided ample demonstration.



Alex Yee at Polsden Lacey

It's a race where the club has had considerable success in the past, and this weekend proved no exception – and even surpassed anything we had previously achieved in the fixture. We had the winner of the men's race - the hugely promising junior and England triathlete Alex Yee - and accompanying Alex's tremendous victory in the men's section we won the team competition - both the four and eight to score. Not to be outdone, the women also bagged gold medals, winning the four to score competition. To cap this off they were led home by Amy Clements, who finished in the silver medal position.

This year the race had a new venue – and a very impressive one at that. The setting was the grounds of Polsden Lacey, a National Trust Property near Dorking in

Surrey, with the race being run on the slopes surrounding the house on the north downs. Although not the easiest place to get to (especially for those not travelling by car), the overall experience more than made up for any minor travel difficulties encountered beforehand. The course was described by many as challenging or testing... along with some more colourful expletives from the back markers such as your correspondent.

Rumour had it that Alex was flying in training and so it proved. He made light work of the tough course. To put Alex's victory in context one just has to think how well Chris Greenwood and John Gilbert have run in recent events. And on the day Alex left those two tough competitors in his wake. To achieve his victory he also managed to put distance between himself and Phil Wicks, Belgrave's accomplished runner and a former winner of the race. Chris ended up third while John came in fifth. In between the two was Tonbridge's Max Nicholls, who occasionally trains with the group at Ladywell. Making up the scoring four was Neil Phillips in ninth – yet again showing how important he is to the team.

With one or two regulars in the Surrey League giving this race a miss, it was good to see a couple of our newcomers making the scoring eight. It was very positive for the club to see James Bowler coming home in a very creditable position (20th), while Daniel Ansell closed the team, coming home in 37th. Sandwiched in between the two new boys was Michael Longley (25th) following on from his strong run at the Gosport half and Phil Sanders (36th), our other male representative at the Masters International last week. Calum Fraser (38th) just missed out on making the scoring team and not far behind him, Tom Muddiman was 45th.

As mentioned, Amy Clements came in at a very fine second in the women's race. She contested the race with a young Tonbridge runner, someone she's had close battles with in the past. Cath Stibbs was an excellent ninth in the race. Our third scorer with a very impressive run was Lydia Blackmore in 15th, with Teresa Murphy only one place behind making up the scoring four. Kate Williams (30th) had carried on her good form from the Surrey League with a very strong run, surely placing her high in the V50 placings. Just after Kate, Victoria Buck did really well to finish after feeling unwell and having to stop during the race - I felt a bit queasy myself when I glanced

up at the brutal hill we had to surmount! Also running well for the team on a truly demanding course were Ellie Brown and Annabelle Hadlow.

So a very rewarding day for the club - an individual winner in Alex Yee, who really put down a marker for the big races ahead, coupled with two sets of team golds.



The winning men's team - Neil Phillips, Alex Yee, Chris Greenwood and John Gilbert

South of the Thames Senior Race – the long wait is over for a Kent AC win

This year's South of the Thames Senior race proved a truly historic day for Kent AC. We've won the race before but it was over a hundred years ago – 1907 to be precise, and even Ken Pike's memory doesn't stretch that far back. It's been a long, long wait, but after going agonisingly close on no less than six occasions, we finally won the team event on a seriously tough course at Tonbridge.

Not only did we win the six to score team competition, but John Gilbert won the race after a titanic struggle with the young Tonbridge runner, Max Nicholls. The history-making didn't stop with John's win, as we also had the women's winner in the shape of Amy Clements. While other clubs have provided first male and female in the past, this was certainly a first for Kent AC. The



Coach Ken Pike lifts the trophy

women's team also claimed silver medals, with Dulwich turning the tables on us after we claimed team gold in the Junior South of the Thames at the end of November.

Like so many of the races John is involved in, his tussle with his young training partner made great viewing for spectators. The nature of the course, with no respite from steep inclines, was always going to suit Max Nicholls as he's been specialising in mountain running recently. But as we all know, John is no slouch when it comes to hills. The race got underway with Neil Phillips very much to the fore – in fact fleetingly leading the race. A group then developed which included former winner of the race and Surrey running legend, Paskar Owor. On a course where there was next to no flat ground, John and Max Nicholls looked to be constantly pushing the pace. The efforts they were putting in paid off, as the group that had been together for the early stages began to break up. John and Max then slugged it out and established a decent gap between themselves and what became a chasing group.

At one point Max got a bit of distance between himself and John. However, John hung on and when he was back on level terms, put in a burst that Max couldn't fully respond to. With the bit between his teeth, John then built up a decent lead that was never threatened. The battle for supremacy took a bit out of the young Tonbridge runner and he faded slightly, which meant a fast finishing Brighton runner came through to take second.

Also closing fast was Chris Greenwood, who might have got up to third had the race been a fraction longer. In the event a fourth place finish was another fine run from Chris. This was a very different race from his recent Vets victories where his fast early pace burnt off the opposition. Here, his tactic of hanging slightly off the pace and moving through paid dividends. Our two other finishers in the topten were Neil Phillips and Owen Hind.

As mentioned, at the beginning of the race Neil was briefly seen at the front of the field. He may have paid a bit for that early exuberance, but fair play to Neil for giving it a real go. He hung on really well and his eighth position in the quality field was again testimony to the consistency he's been showing this season.

Then just behind him was the man renowned for giving it his all in races – Owen Hind. Relays have seen Owen poleaxed at the finish, but the effort he put in on Saturday's unrelenting course saw him collapse at the end through sheer exhaustion. Thankfully, although a little groggy for quite a while, he seemed to revive okay and the multi-faceted Spencer Lane - ultra runner, juniors' coach and first aider - was on hand to keep a watching brief and ensure Owen was well looked after.

Fifth scorer was James Connor, who after a strong half marathon a few weeks back had been side-lined with a condition that ruled out running for more than a week. So a battling twelfth place for James was a great result. Then, being sixth counter, Ben Harding had Ken's exhortations ringing in his ears all the way round and as he, and probably the whole of Tonbridge, was aware – a lot was riding on his finishing place. Ben, who's more of a specialist track middle distance runner, remained strong and finished in highly creditable eighteenth place. So we won the famous Dewar Shield, with four scorers in ten and then the twelfth and eighteenth finisher.

As anticipated, Tonbridge were strong on their home turf, and while we edged them out in the six to score, they prevailed in the twelve to score. Our other six runners who made up the 12 to score team all ran well and produced a pretty good scoring total. It wasn't quite enough to beat Tonbridge and it was proof, not that we really needed it, that they were going to be difficult to beat in the forthcoming county championships.

In terms of the 12 to score, our seventh and eighth home were James Bowler (32nd) and Phil Sanders (34th). The pair were close together for most of the race, with James just having enough extra pace to get away in the closing stages. But what of the Sanders/Beaney match up? Stuart had rather enjoyed advertising the fact that he got the better of Phil at the South of England Masters in the previous week. Although Stuart had a more than decent race (41st), no doubt Phil derived some quiet satisfaction at putting a bit of distance between himself and Mr Beaney on this occasion. Before Stuart, our ninth scorer was Pete Lighting, just back from a spell of training in Kenya. It seems the jury is still out about the benefits of the trip, although it certainly sounded to have been an interesting experience. Closing the team as eleventh and

twelfth scorers were Calum Fraser (46th) and David Longley (51st). A glance at the results indicates the strength in depth of the club, since in the six to score, what would have been our 'B' team placed sixth and our next six runners who were classed as a 'C' team finished



Kent AC women - silver medals at the South of the Thames (left to right Cath Stibbs, Amy Clements, Kate Williams, Sarah Young, Victoria Buck, Teresa Murphy)

tenth out of nineteen clubs

Pre-race there were some thoughts that Amy Clements might go one better than the second place achieved in the South of the Thames Junior race. It was felt the longer distance might suit the extra endurance she seems to possess - and so it proved, with Amy racing to a hard earned victory. The young Tonbridge runner who beat her at Dorking featured in the race, but it was another runner who turned out to be her main rival on the day. Amy came through well after other women had gone off quicker at the start. She had a winning margin of twenty seconds at the finish. Cath Stibbs was seventh woman home and first V40. Teresa Murphy (14th) had another strong run and was well backed up by runs from Victoria Buck (20th) and Kate Williams (26th). The women's final scorer in the six was Sarah Young (31st) who amazingly seemed to find the course and extra distance to her liking. Ali Farrell and Ellie Brown also ran well over such tough terrain.

All in all, the race was a tremendous way for the club to close 2015.

National Cross Country Championships



The 2016 English National Cross Country Championships were held at Donington Park on 27 February, with a big group of 34 runners from Kent AC travelling up to Derby (the nearest station) to take part.

The course was bounded by the motor racing track on one side and East Midlands airport on the other, so between the sounds of fast cars and faster airplanes there was plenty of speedy inspiration for the runners as they accelerated from the start across a downward sloping field. A quick trip around a turnip field was easy enough too before the going got tough in the sticky mud on the hilly second half of the lap.

The men's senior race was won by Aldershot's Jonny Hay, with John Gilbert first across the line for Kent in 29th place. Also within the top 100 were Russell Bentley and Neil Phillips, with Ben Harding, James Savage and James Bowler making up the six scorers. The team finished tenth in the sixth to score competition out of more than 300 clubs taking part, a highly creditable position given that Chris Greenwood did not finish as a result of an injury. With the addition of Owen Hind, Pete Lightning and Stuart Beaney, the nine to score team finished in 9th place overall.

The women's team had a good race too, finishing in 17th place. Amy Clements came in first for the club in 30th place, with Cath Stibbs, Teresa Murphy and Lydia Blackmore making up the four scorers.

Celebrations continued in Derby, where most of the team stayed overnight after the race. In fact one runner getting up for an early morning run the next day came across the club's cross country captain just getting in from the night before.



Kent County Cross Country Championships

This year's Kent County champs took place on the 9th January 2016. While we might have been a bit disappointed at missing out on team gold in the men's event, Kent AC still had plenty to celebrate - not least another famous victory for John Gilbert. It was actually John's fifth win in these championships and this one was certainly hard earned.

This year there was a late switch of venue for the race from the original site to the windswept fields adjoining Brands Hatch motor racing circuit. On a day of almost unrelenting rain, and with a steep climb to negotiate several times, the course proved a true test. Having had several close encounters with Tonbridge AC in recent months, it was no surprise that we were again battling it out with them for team gold in both the six and twelve to score. However, on the day they proved just too strong for us and demonstrated what real depth they have in their club. Nevertheless, as mentioned there was plenty of compensation for us – especially John's typically determined individual win.

Initially on the first lap there was quite a big group at the head of affairs - a group that included John, Chris Greenwood and with Neil Phillips and Owen Hind in close attendance. Even on the first lap, though, it was clear that Tonbridge were packing well. It wasn't long before the race started to resemble the South of the Thames race in which John and the young Max Nicholls from Tonbridge had a tremendous battle. The pair again broke away and constantly tested each other before John eventually got the upper hand. As was the case in the South of the Thames, the battle with John meant Max Nicholls slowed slightly on the last lap and came within Chris Greenwood's sights. However although Chris was gaining steadily on Max, there wasn't quite enough course left for him to overhaul him. Nevertheless, bronze medal position was another tremendous run from Chris in what is proving to be a great season for him.

Again our next men in were Neil Phillips and Owen Hind. Although he's never satisfied, like Chris, Neil has been having a really consistent season and - no doubt about it - seventh position in this standard of race was good running. A glance at the runners just behind Neil is a good indication of the quality of his run. Owen Hind was a bit disappointed to come home twelfth, but again maybe he's being a bit hard on himself. He's been doing a lot of racing lately and this was undoubtedly a high calibre field. Our fifth scorer is actually a Serpentine runner, but one with a long association with Ken's training group – Dave Morgan. We like to call him one of our own on Kent County days and are delighted that he can run for us as a second claimer. Dave started conservatively but moved through the field rapidly and finished in fourteenth – just behind Tonbridge's international Vet, Ben Reynolds.

Making up our six to score team was Gareth Anderson (23rd) who just got the better of new recruit Jonathan Tripper (24th). Gareth has been logging the miles lately and he looked strong on the last lap.

Although he just missed out in making the scoring six, it was still a really excellent debut from Jonathan Tripper – all the more so as incredibly it seems he'd never previously run a cross country race. I think Saturday's race with a tough course and miserable weather would count as a baptism of fire. Afterwards, there was a bit of a gap before the race within a race – the battle of the 'B' group. With his distinctive style, Phil Sanders led the way and was there to be shot at. However although his pursuers had him in their sights, they couldn't quite get on terms. So Phil was our eighth scorer, placing (31st). He was followed in by Pete Lighting (34th), Tim Lawrence (35th) and then the true Kentish man, Stuart Beaney (38th). Closing the 12 to score was James Bowler (42nd). But whilst our scoring put us some way ahead of third and fourth clubs, Tonbridge's 12 in 22 was a bit special.

Again, outside the scoring 12 there were some very solid performances and close individual battles. Tim Alexander, as is customary, was accompanied by his spectating dogs in Kent AC regalia. Tim did well to make the top fifty, coming home in 47th. Then of course it wouldn't be the Kent County without Len Reilly running. This was his umpteenth County Championships – Len will no doubt tell you the precise number. If required he'll probably give you a detailed account of each race. Just as we have great rivalry in the 'B' group, further down the field it seems there is another little group who are clearly developing a bit of good natured rivalry.



Top three men - Kent AC's Chris Greenwood & John Gilbert with Tonbridge's Max Nicholls - as he sometimes trains at the track with Kent let's call it a clean sweep for 'the Ladywell Project'

Unlike in some championship races, at the Kent County the women's is the last race. This often means they have to contend with the worst of the weather and a churned up course. This was the case this year, but just like the men's race, the women's was a great contest to watch. In her previous two cross country races Amy Clements had beaten off the challenge of one young Tonbridge runner, but lost out to another. This time she had to give best to another Tonbridge runner who she hadn't faced before.

In the race, an initial group was whittled down to just three: Amy, the eventual winner Ashley Gibson and Bryony Proctor, running in Aldershot's colours, but obviously with a Kent connection. After the three women had been running together for a while, Proctor was forced to drop back and Amy was left contesting the lead with the Tonbridge runner. Before long, though, Gibson injected a burst of pace that Amy couldn't respond to. And while the Aldershot girl was clearly trying to get back on terms with Amy, she kept her cool and managed to maintain a reasonable bit of distance between herself and the third placer.

While Amy may not have been able to repeat her win of last year, hers was undoubtedly a fine run. My sources tell me her victor has previously gained representative honours and spent time on a running scholarship at an

American university. In the team stakes, our women did well to secure the bronze medal in the six to score. This was pleasing as they were missing several runners who would likely have placed high up the field. After Amy our scoring six was made up of: Victoria Buck (27th), Lydia Blackmore (29th) Ali Farrell (33rd) Sarah Young (42nd) and Nicky Hayes (50th). Although a member of the club for a while, I believe this was Nicky's first race for the club. So it was just the kind of debut you want - getting a medal on your first appearance. Overtaken on the last lap by Nicky was Ellie Brown, while also competing well for the women in the difficult conditions were Nicola Cartlidge and Annabelle Hadlow.

As well as success at senior level it was really encouraging to see two of our junior athletes picking up medals at the championships. In the under 13 boys race, Oliver Bright secured a very fine bronze medal. He's been running for us for a number of years and been steadily improving. His third place on Saturday was a really impressive run as this age division is one of the most competitive. The likes of Tonbridge and Blackheath always have a large number of talented boys in this race and this Saturday was no exception. In a combined under 20/17 race, Isabel Bradley rang strongly to claim the bronze medal in the under 20 section.

South of England Cross Country Champs



Start of the senior women's race. Heading up Parliament Hill from the start line by the Lido

On a cold crisp day, the iconic Parliament Hill course was in an unforgiving mood on January 30th 2016. We had anticipated mud, but this year it was perhaps more of a quagmire than ever; surely not many courses come tougher than Hampstead Heath after a plentiful supply of rain. While this was always going to test the resolve of those who put themselves on the line, from Kent AC's point of view there were some really spirited

performances from both the men's team (who finished fifth) as well as the women's, who finished in ninth.

In its preview of the event, *Athletics Weekly* had tipped both John Gilbert and Amy Clements to be in the medal frame. Unfortunately the curse of the pundits struck and neither Amy nor John managed to make it into the medal positions. But we need to keep a sense of proportion – to medal in this race you need to be completely at the top of

your game and avoid encountering too many of the potential difficulties the daunting endurance test throws up.

John managed to finish ninth when his training over the last couple of weeks has been far from ideal, and he was also to take a nasty fall one of the downhill stretches. And while Amy has been running tremendously well over the country this season, this course was really never going to suit her. Finishing not far outside the top twenty in a race of this quality is still unquestionably good running. It's a measure of Amy's progress that maybe both she and the supporters felt a little disappointed. Anyway, I'm sure she was pleased to lead the team home to a splendid ninth place finish.

The rest of the women's four to score team was made up of Cath Stibbs (60th), Teresa Murphy (93rd), and Jennifer Smith (134th). Cath showed she's returning to form and Teresa again ran well to make the top hundred in a very competitive field. Also having a very impressive run was Jennifer Smith. I don't believe she's had many races over the country this season, so this really was a case of in at the deep end. High commendations should go to the rest of the women. One would have to say that it didn't look as though Lydia Blackmore enjoyed the conditions, but she put a shift in for the team and finished in a very respectable position. Kate Williams, Ali Farrell and Sarah Young all showed they're made of stern stuff – all having strong runs on the ultimate tough course.

As mentioned earlier, John Gilbert had a typically steely run. He was up with the leading group on the first lap, but then perhaps the disrupted training and the nasty tumble

took its toll. These factors combined probably made his ninth place finish all the more remarkable. Continuing in his rich vein of form and not far behind John again was Chris Greenwood. His 11th place was yet another top placing – ahead of real quality athletes. Unusually, though, on the day Chris wasn't actually first V40. Mind you the runner in question, Kojo Kyereme, is a real class act. It can't be that often that two V40s have finished so high up in this race.

As has often been the case this winter, Neil Phillips was our next man home. At one stage he'd been a bit higher up the field, but although he lost a bit of ground he rallied and managed a top fifty finish (49th).

With Owen Hind sitting this one out, there was a bit of a wait before our next man came home. Just as he had in the County, Gareth Anderson started conservatively and worked his way through the field. Gareth placed just inside 120, in 118th. Not far behind in employing similar tactics was Pete Lighting (124). Our final scorer in the six to score and suitably chuffed at being the sixth man in was none other than Gillingham's finest export, Stuart Beaney (132nd). It seems the extra mileage he's been logging is paying off.

The rest of the team all deserve praise for their efforts. Despite some notable absentees, we had a very solid 12 to score, while there were intriguing little battles further down the field. On a day for the strong it was noted that 'super' Ted Aston got the better of his rivals. You can bet they were going to be out for revenge at the remaining races of the season.



Masters Cross Country

Kent County Masters Championships

For the second year in a row the Kent County Masters Championships were hosted by Blackheath and Bromley on their Sparrows Den course in West Wickham. And just as last year, Kent AC came away with a sack full of medals. On a day when strong winds were gusting, the course probably proved to be a good venue as apart from circuits of a playing field the majority of the race was run through wooded tracks that gave shelter from the worst of the wind.

First up were the V50 men. There were four Kent AC runners on the start list, but unfortunately only three were to finish. This was a great shame as the casualty was Bernie Hutchinson and this was to be his swan song in the 50's section. Bernie turns 60 next year and over the years he's collected numerous medals in these championships. Sadly a troublesome hamstring put paid to his race. The three runners who made up the team all ran well though. Particularly impressive, perhaps, was the run from Luke Armitage. Luke has recently had another period when he has been side lined by injury. He's not been able to do many sessions lately, so his gritty, determined run deservedly earned him plaudits. Luke made it into the top ten (9th) in the quality field. Just behind him in tenth was his old adversary, Len Reilly. Making up the three to score and making his debut in the race was Neil Gordon-Orr. Compared to many in the field I believe Neil is relatively new to competitive running, and his run in a field where he was competing against guys who have churning out the miles for decades, was a strong one.

Following on from the 50's, there was a race that incorporated all the various categories, barring the male V40's who were to have their own race directly afterwards. It must make quite a spectacle for spectators as a mixture of sprightly women runners charge off at the start line along with male club colleagues - many of whom, shall we say, aren't in the first flush of youth.

In the women's 35-44 category, Cath Stibbs had her usual strong run and secured the silver medal, behind Dulwich's multi-record holder, Clare Elms. Teresa Murphy (5th) and Victoria Buck (11th) both ran well to ensure that our trio narrowly pipped Dulwich to the team gold. Then, in a high quality women's 45-54 category Kate Williams continued her fine form by coming home in fifth, not far off the bronze medal. However, Kate was to gain a team bronze together with Ellie Brown and Sarah Young.

And finally within this race, and for the first time in recent memory, we had an actual male 60's team out. The trail

blazing trio comprised of super-vet Julian Spencer Wood, new kid on the block John Barron and the man with the permanently dodgy back, yours truly, Andy Gardiner. Julian started very steadily and carved his way through the field to finish eighth, while John had a very strong run and wasn't far outside the top ten, finishing thirteenth. His steady, sustained progress over the last year has been impressive. It's also worth noting that the field in the V60 race has improved considerably - both in terms of numbers and quality. My own run was again rather feeble, but thanks to my colleagues we still bagged the bronze team medal.



Cath Stibbs, Teresa Murphy and Victoria Buck - winning team in the Kent Vets V35-440 category

In the finale, the male V40's, Chris Greenwood's run might be the headline news in Athletics Weekly, but for me the main story of the race was the strength in depth of V40 running in the club. For not only did we convincingly win the four to score team competition, if the rules had permitted, we would have also had 4 individuals who would have made up the second team home. But to return to Chris Greenwood, it has to be said that it was yet another fantastic run.

In the 50's, fellow England international Ben Reynolds, dominated the race, but Chris's level of domination was even greater in the younger age group race. Before the runners had navigated the playing field at the start of the race Chris had established quite a lead, and it wasn't long before he was just a figure in the distance. Initially behind him there was a tight group that included both Phil Sanders and Stuart Beaney.

When the group broke up, two runners established a gap on Phil with Stuart just behind Phil. Pre-race many might have had Phil down as favourite to second place, but although his was a strong run, he came up against two in-form runners who clearly relished the challenge. Coming down the home straight Phil was being chased down by

Stuart Beaney who probably had one of his best races for quite a while. Phil was to finish fourth with Stuart in close attendance in fifth. I'm sure his 'B' group rivals have duly taken note.



V40 winners Greenwood, Sanders, Beaney & Compton

The fourth scorer for the team, Che Compton, stood in for Chris and ran an excellent race when the V40's won the Southern relays at Aldershot. His tenth position in these championships was another highly creditable run. As mentioned earlier, we also had a group who would have made it as the second team, had the rules allowed. The runners who made up this impressive quartet were as follows: John Cox (14th), Tom Webb (20th), Julian Gevers (21st) and Will Pitt (26). Also running well in the V40's and having his first taste of these championships was Alan Curtis.

All the success meant that at the end of proceedings, there was a steady stream of Kent AC runners receiving medals and trophies. Fittingly, on hand to witness events was Ron Hale, Kent AC legend, and someone who really does qualify for veteran status.



Phil checks his pace

SEAA Masters Cross Country Champs

Where the V40's are concerned, gold medal winning is becoming a bit of a habit – and obviously a nice one to have. It's become something of individual habit too, with Chris Greenwood adding another to his collection. Not to mention in the three to score competition, Stuart Beaney and Phil Sanders combining with Chris to take team gold at the South of England Athletics Association Masters Cross Country Championships.

It was only the small select trio who ventured to Biggleswade, Bedfordshire, for this high quality race on 12th December, and their performances made the trip well worthwhile. On a course that received a seal of approval from our runners, ("proper cross country") Chris employed the same tactic that has led to success in other recent championship races: essentially to go off hard and to see if anyone can live with him. Clearly at the moment in vets' races, nobody can – which is maybe not surprising given that his initial mile was apparently clocked at five minutes. There was a class athlete behind him, Howard Bristow, but he could make no real headway on the big lead that Chris built up early on. At the finish Chris was again well over a minute ahead of second placer Bristow.



More medals for Stuart, Chris and Phil

As for our other two medallists, on the day Stuart Beaney managed to get the better of Phil Sanders; Stuart finished (10th), while Phil was (12th) in the 40 to 49 category. If you excluded the V45's they were actually (8th) and (10th). However, I'm sure their respective finishing positions won't have escaped the notice of many of you, after Stuart's enthusiastic posts on social media.

The conquering heroes made it back to London in time to attend the club's Christmas party held this year at the Station Hotel, Hither Green. The evening was a great success with nearly seventy club members attending an enjoyable evening. A big thank you must go to Ted Aston for the energy and enthusiasm he put in to organising the event.

Road Relays

The road relays include a series of events held annually in the Autumn and the Spring, in between the cross country and track seasons. The South of England Athletics Association (SEAA) organises the 4 stage relay (for women) and 6 stage (for men) in the Autumn. Each men's team is made up of 6 runners, with 6 legs each of approximately 6km. The women's teams consist of 4 runners, with 4 legs each of approximately 4km. Based on their performance in this and other regional events, teams can qualify for the Autumn national road relays organised by the English Road Running Association with the same number of legs.

In the Spring, SEAA organises longer stage races which includes 12 stages for the men, and 6 for the women. The men's team is made up of 6 that run the short leg of 5.053 km and 6 that run the long leg of 7.664 km. These legs are run alternately starting with a long leg. All the 6 women run the 5.053km leg. This leads on to the national road relay 12 and 6 stage event.

Southern Road Relays, Aldershot

The SEAA 4 and 6 Stage Road Relays took place on 19 and 20th September on a weekend of relay running in warm autumnal sunshine. First up on the Saturday were the senior and veteran women's teams who each ran four legs round the undulating course – a course that to put it politely is showing some fairly acute signs of wear and tear. They were followed on the Sunday by the men's senior and veteran teams.

It's great credit to the women's section of the club that they got two very competitive teams out. The veterans were competitive to the extent of bagging bronze medals behind the regular high placers in this event, Dulwich and Winchester. Cath Stibbs ran the third fastest lap time in the race. The senior team, meanwhile, finished an impressive 11th in a race in which 73 teams closed in. Amy Clements continued her rich vein of form by running the fastest lap of the day – a scorching 12.54. A glance back at the records of previous fastest lap runners shows that Amy's is in really exalted company, joining a list that contains both current and past GB internationals.

On the Sunday our senior team arrived at the venue in time to cheer on the V40 Kent team to another convincing victory in the race. Their win reflects the strength of 40's running in the club as it was achieved without Chris Greenwood, who's been right at the top of veteran running since he turned 40.

The team were led off by bandana-sporting Stuart Beaney who had previously reported that he never runs well on the Aldershot course. Well that may have been the case in the past, but at this year's event Stuart ran a really excellent opener, even briefly leading the race. His appearance at the front may have been fleeting, but he was still only about 25 seconds down on the leader at the finish of the leg. He handed over to Che Compton who was unsurprisingly a little apprehensive at the prospect of

running in place of the "mighty" Greenwood. Che proved himself an excellent replacement however, taking the team into the lead with a fine controlled run. The lead was built on by Paul Griffiths on leg three, and stretched still further by Phil Sanders who – just like the previously mentioned Amy Clements – ran the fastest leg of the day. Perhaps that was a bit of incentive there for Phil! In any event, it was a terrific run – one that meant we were to win the race by some considerable margin.

Injuries and trips abroad meant that the V50's were considerably below strength. In fact it was virtually a 60's team. Three of the team were 60s – the youngster being the ever youthful Len Reilly (well he was climbing trees before the start!). On leg one John Barron – a relative newcomer to running and stalwart of the Hillyfields Park Run – made his debut in the event. John dealt well with the pressure of going off on the first leg. Your correspondent was decidedly slow on leg three, having blown rather badly on the second lap. Fortunately Len and Julian Spencer Wood ran their usual solid times and so gave us a degree of respectability at the finish. Despite our decrepitude there were still a few teams behind us.

The senior men's team has had recent success in this event and although perhaps not quite our strongest team, it still looked a team capable of being in the mix. And that's how it turned out – in the mix, but out of the medal frame today.

We were to finish in a highly creditable fifth place, behind what were some very strong teams. Ben Harding gave us a strong start coming home in twelfth. Expectations were high for us on leg two as we had young England triathlete, Alex Yee, making his first appearance in this race. Alex didn't disappoint, running our fastest time of the day and taking us up to third. His time of 18.13 turned out to be the eighth fastest of the day.

Neil Phillips kept us nicely in the frame before John Gilbert made up a bit more ground and brought us up to

third. On the penultimate leg, Lawrence Avery had the unenviable task of going off not far in front of the in-form Phil Wicks of Belgrave who was to run the fastest leg of the day when he took his team up into second. Lawrence handed over to our regular last leg runner, James Connor. It was unlikely any of the squads ahead of us would have a weak runner on the last leg, and that's how it turned out. Despite James running his usual polished last leg, the gap with good runners ahead of him in third and fourth was too big to make much headway on.

But we shouldn't be too disappointed with this fifth place finish. The teams finishing ahead of us were certainly strong today. Highgate has gone up a notch with the acquisition of Andy Maud from Clapham, Belgrave put in an impressive performance and as usual the Aldershot team were strong.

However, as well as the senior men's 'A' team performance, what was also heartening from our point of view was the impressive showing from our 'B' team. Maybe it reflected the fact that so many of the guys train regularly together, but it was interesting to see that time-wise all six were pretty close together. Finishing up in the 26th spot of the 69 completed teams means the team will be eligible to compete in the National Relays next month.

National 6 Stage Road Relay 2015

Generally a pleasing performance from the guys who made the trip to Birmingham for one of the key events of the season on 3rd October 2015. Despite not having our fastest three guys available those guys who stepped up to the mark performed well on the day but it just goes to show that this is an event that we could WIN if we had all of our top men available !

Chris Greenwood led off and performed pretty well despite having an end of the season sabbatical as he used his experience to come through solidly. Next up was our real improver, Owen Hind, who had a great day as he tore through the field taking ten runners into the bargain !

Next up was Ben Harding who ran well especially, as he has been training for 800 m, and who dug in really well. Then came one of our club stalwarts, Jim Savage, who paid for his lack of recent racing but who really stuck to his task well despite not being at his best at present.

In contrast to Jim we had a new recruit Owen Greene who ran to form and who gained two places – all despite running with a heavy cold. Last up was one of the club stalwarts, James Connor, who is now getting back to his previous form and who tore through the field gaining 4 places – which would have been 8 places if the race had been half a mile more !

With only three out of the required four runners, Kent AC women had an incomplete team. Nevertheless there were strong runs from Teresa Murphy, Alison Thomson and Lydia Blackmore.



Lydia, Alison and Teresa with coach Pete

Southern 12 stage (men)/ 6 stage road relays (women), Gravesend

This year's Southern men's and women's 12 and 6 stage relays had to be moved to a new venue after a dispute about the Milton Keynes course failed to be resolved. So at relatively short notice the event was switched to the Gravesend Cyclo Park which of course had the advantage of being much closer to home. And whilst the way the organisers had designed the length of the short and long legs perhaps needs working on, the venue undoubtedly had much to commend it. Despite missing our talisman, John Gilbert, the 'A' team still looked capable of challenging for a top placing. Having Alex Yee, the recent victor in the English Schools X Country Championship, in the line-up added to our sense of expectation. As usual Chris Greenwood ran a fine opening leg. He brought us home a close up fourth. On the first short leg James Bowler ran strongly, running just a few seconds slower than Anthony Whiteman, Shaftsbury's world record holding vet runner. After James' speedy leg, Russell Bentley kept us right in contention with a typically solid run. Then it was the leg so many of us were looking

forward to. It was Alex on the fourth leg and he didn't disappoint with a blistering 12:34 and unsurprisingly the quickest short leg of the day. So as anticipated, Alex swept us into the lead—a lead that was built on by Owen Hind who has been in such fine form of late. So at this stage things were looking really good for us with a lead approaching a minute and a half. After Owen's leg it seems the big guns just had more in reserve. All our subsequent runners ran well—for instance despite being run down by the talented Richard Goodman, Shaftsbury's former National Junior X country Champion, Ben Harding kept his cool and made sure we stayed in contention. It just seemed that after Ben the likes of Highgate and Shaftsbury had a bit more their locker than us on the day. When Shaftsbury had overhauled us, Highgate (thanks in part to Andy Maud posting the quickest long leg) also put distance between us and then finally Aldershot with some strong second half runners also got the better of us which meant we ended up fourth—less than thirty seconds off the bronze medal though. So not quite the finish we had hoped for, but nevertheless a strong showing against top class opposition.

Although skipper Stuart Beaney, had succumbed to injury and Gareth Anderson was also ruled out, the 'B' team nevertheless looked equipped for the job of qualifying for the National's at Sutton Park—and so it proved. The team once again demonstrated the club's strength in depth—both by qualifying and being the second 'B' team home on the day. The only 'B' team ahead of them was Tonbridge who of course have a production line of young athletes to call on in events like this.

Pre- race there had been an interesting "dialogue" between skipper Beaney and opening leg runner Che Compton. Stuart was much exercised by the fact that Che had clocked 23 miles on the Saturday before the race. Most would agree that wouldn't seem the most appropriate preparation before a short sharp relay leg. However, Che's unconventional approach (although not to be recommended) certainly paid off for him as he ran the fastest 'B' leg of the day. Stuart was suitably magnanimous when the time was revealed.

Just as it seems customary to have Chris Greenwood on the first leg for the 'A' team, the 'B' team seem to have adopted the custom of having the trusty old campaigner Len Reilly on the last leg. Prior to him going off he was getting some good natured stick about the need to beat Medway's runner and thus beat their 'A' team. While he couldn't quite manage that, he anchored the team safely home to qualification. He also will have had the satisfaction of running a quicker time than a couple of well-known contemporaries.

Women's race



For the women this race demonstrated just how far they have come. A finishing position of fifth was a tremendous result especially when you consider that it was only a few years ago that they made their debut in this race. The result was also achieved without Cath Stibbs—unfortunately ruled out through injury. It was perhaps anticipated that Amy Clements would run a fast time—which she duly did (third fastest long leg of the day). However, it was great to see two of our other runners were on the leader board for finishing in the top ten for their legs. Victoria Buck was fourth fastest on the fifth leg while Lydia Blackmore was a couple of seconds quicker, but eighth fastest on the last leg. And fittingly to finish the race spectators were treated to one of Lydia's trademark sprint finishes. She was coming into the closing straight alongside a Southampton girl. Supporters knew there was only going to be one winner and so it proved.

National 12 Stage Road Relay, Birmingham

On a surprisingly calm day (April 16th) in Birmingham's Sutton Park, given the recent wind and rain, the teams performed with real credit to the club with the A team, despite not having their fastest 3 long legs, clawing their way up to 12th place and the B team earning the distinction of becoming the 2nd B team home.

Russell Bentley set off well and had settled into 15th position when just after halfway he pulled a muscle which meant that he had to limp home in 54th position. None the less he showed real commitment to the cause as many lesser mortals would have just stopped and with that the whole team would have had a wasted day—top man!

Next up was James Bowler, running his first National relay for us, who shot off really fast after what must have seemed a puzzling wait but he settled into the race running well to gain 18 places in a time of 15 min 52 sec. Next man was the club stalwart, James Connor, running no less than his 12th National 12 Stage and he used all his experience to run a well on a highly competitive leg

running 27 min 32 sec gaining 6 places to put us into the top 30.

Next was Jim Savage, now resident in Manchester, who really enjoyed the race as he gained 3 more places running 16 mins 34 sec and he is beginning to show some more real form now that family life is settling down for him. Our boy in tremendous form, after gaining an England vest the week before, Owen Hind had been set up nicely by Jim and he used it to full advantage as he stormed through the field gaining no less than 10 places to get us up to 17th place. His great run was the 10th fastest of the day and shows just how much he has improved this winter.

Another guy who has really improved recently, Peter Lighting, was the next to go and he performed with real credit holding our position in a time of 16 mins 57 sec. Another guy who always seems to be available for these key events, Ben Harding, was next to go and he also performed really well running 27 mins 36 secs as he gained 2 more places to get us up to 15th position despite some big gaps in front of him.

Phil Sanders was next to go and he had a solid leg running 17 mins 18 secs to more than justify his team selection. Another guy making his debut for us was Andrew Johnson who had a really lonely leg where no one was even in sight yet despite this handicap he ran well clawing back no less than 40 secs on the guy in front of him running 28 mins 04 secs. Tom Muddiman was next man up for us and

he performed with real credit as he ran 17 mins 06 secs yet dropped a place.

Leg 11 is often a difficult one but Neil Phillips did well, which bodes well for his London Marathon next week, and performed with real credit as he clawed a whole group of runners back running a time of 28 mins 11 secs and getting us back to 15th position. Leaving the best to last we had Chris Greenwood on Leg 12 and he used his competitive edge to full effect as he clawed no less than 3 places back to earn us a final position of 12th place - he equaled the time of James Bowler into the bargain!

So after a difficult start the guys performed with real credit, never gave up and ran good times – surely with more luck next year and with Paul Pollock, Alex Yee, John Gilbert and Chris Greenwood on long legs then we have a real chance of at least medalling in this highly prestigious event!

Our B team was one of only 7 B teams who had qualified for this event through the Area Relays and despite losing some key runners we had some new guys come in, who did well for the team, which bodes well for the future. They set off in 55th place after leg 1 and steadily worked their way up to 46th place and they had the distinction of finishing the 2nd B team home – a real result to be proud of!

Snowdonia Marathon



Only a few short weeks after setting his marathon PB in the Berlin Marathon, John Gilbert claimed victory in the Snowdonia Marathon on 24th October 2015. In the process he took more than two minutes of the course record - finishing in 2:33:38.

The race on one of Britain's toughest Marathon courses was televised on BBC Wales – leading to John being commended on Twitter for his tidiness by running writer Laura Fountain (author of 'The Lazy Runner', 'Tri-curious')!

Laura Fountain @lazygirlrunning

Watching @marathoneryri coverage. John Gilbert (men's winner) runs across road to put his litter in the bin. HERO!

Berlin Marathon

Report by Andy Gardiner

A large group of Kent AC runners took part in Sunday's Berlin Marathon. The course has a reputation for being possibly the fastest around – and both the course and Kent AC runners didn't disappoint.

With some really fast guys from all the top distance running nations taking part, it was great to see Kent AC representation right up at the front end. And remarkably just a mere 11 seconds separated Paul Pollock and John Gilbert at the finish with Paul placing 30th 2:15:38 and John 31st 2:15:49. As many will know, Paul is a dual Ireland and GB and Northern Ireland international who's competed for Ireland at World Championships. People may have caught Paul's blog and been aware he was shooting for something perhaps a little bit quicker. But from what I hear his plans may have been slightly hampered by injury. In any event, he still ended up with a PB and I believe the time will qualify him to represent Ireland in Rio next year.



And well, what about John! He really is so consistent and perhaps in some quarters hasn't had the recognition he deserves. John also ran a PB, beating his previous best London time by nearly a minute. After John and just after the 2.30 mark there was a procession of 'B' group runners – virtually all running impressive PB's. Phil Sanders had targeted getting inside 2.30 but he was to fall just short – actually running 2:30:30. It was nevertheless a great time and testimony to the planning and effort Phil had put in. Next home was Paul Griffiths, like Phil a Vet 40, but also improving with a PB 2:31:59. Not far behind Paul came Pete Lighting, 2:33:18, who seems to have got the measure of the marathon. Pete was another to record a PB. As was next man home, Lawrence Avery,

who's really made tremendous progress in a relatively short period. Not that long ago he hadn't broken 2.40 and on Sunday he recorded 2:34:42 – that's some improvement. Lawrence was followed by the man who no doubt had the best moves on the dance floor at the post run celebrations – yes of course that man Stuart Beaney -2:38:37. Not by a big margin but Stuart also recorded a PB. He was followed in by Neil Phillips 2:39:47. Looking at the stats (on the main race website) it looks as though Neil was on for a faster time but suffered in the second half of the race.

Time wise, the next runner home was our sole female representative, Amy Clements, with a very impressive 2:40:11- just an agonizing few seconds short of her target of breaking 2.40. Whilst she might have just missed out on her target, it was yet again another PB and a very fine time. It appears that Amy was the third British woman home in the race, behind the women who just got inside 2.30 and likely achieved the GB qualifying standard. In the actual women's race Amy placed 30th – a terrific achievement in such a high quality field. On course supporters reported that Amy got caught in traffic at the start of the race and it took some time to get through the congestion.

Following on from Amy there were more impressive runs and more PB's. The following runners completed the club's magnificent showing at this year's Berlin marathon. Richard Elliot, with 2:49:51 also came in with a PB. As did Terry Stephens with 2:51:50. Darryl Coulter followed with 3:12:41 and then our V 50 representative Ted Aston (pictured below), also improving on his previous best with 3:24:42.



London Marathon

Report by Stuart Beaney

24th April 2016 saw the 35th running of this iconic event. Having been involved in the build up to this year's race, I can report that for many this seemed like the longest imaginable build up. The near constant stream of anguish and woe that had filled up the Kent AC b group mailing list, social media, pub pontification, and training run conversation for weeks on end, was about to be put to rest.

One familiar feature of any race build up banter with the Kent AC fraternity is weather. Yours truly, is usually the guilty party for in-depth weather reporting and analysis. However, the weather was to be relatively decent this year. A bit chilly, but the wind was lightish and heading in a north westerly direction which gave the runners a bit of respite from the seemingly ubiquitous westerly headwind on the embankment.

As 33 Kent AC runners converged on the start area at Blackheath the anticipation was palpable. Sadly we had lost many runners in the lead up to this year's race, superstars such as Rio Olympic hopeful Paul Pollock, and club legend John Gilbert, mainstays such as myself and Gareth Anderson, plus top vet Chris Greenwood who's injury ravaged final weeks reduced his role to that of pace maker for 16 miles.

Through spectating I can confirm that support on the course was nothing short of marvellous. Having felt terribly disappointed to be missing out I found it impossible to be impervious to the magnetic excitement that is part of this unique event. Kent AC's inimitable band of cheer leaders were spread out through the course, and it was magnificent seeing everyone pass through Creek Road at the 7 mile point. First through was Kent AC second claimer Dave Morgan performing his now obligatory high fives with enthusiasm. Next up were the first Kent AC runners, Russell Bentley and Neil Phillips who were being paced by club stalwart Chris Greenwood. The partisan crowd lapped it up and this dominant show of strength was only punctuated by our b group runner and 2nd claimer Adrian Lowther's red Medway and Maidstone vest as he mentored our James Bowler who was making his debut, through the early stages. My particular group waited to see Kent AC's first woman, Amy Clements come through. She was looking very strong as she ran past coach Pete Boxshall who has done an excellent job in assisting her to reach such a high standard.

On reaching halfway most were in good order. It seemed that the Kent AC massive were pacing their race sensibly. It is often said that a marathon is a 20 mile run with a 10k

race at the end, but, as is often the case in a marathon things do start to happen at 16 miles. The lead Kent AC group fractured with Chris Greenwood's good work complete. Russell Bentley was left to push on alone and he did so with impunity as he completed a fantastic marathon debut in 2:26. Russell had thrown everything into his debut and looked truly spent at the post race celebrations which took place at The Chandos Pub near Charing Cross. My jokey line 'why the long race?' was not met with an outpouring of laughter, so I subsequently moved on to other victims (of whom we shall hear more about in due course)

So, back to the 16 mile point. Phillips was left to make his own run for home as Lowther moved through and Bowler started to settle on a pace that would see him reach the mall without blowing up. Lowther went on to run a PB of 4 minutes of 2:27 and his outstanding run may have been 'aided' by his time with Ladywell's finest. Bowler hung on bravely for a very solid 2:32 debut which was testament to his sensible training. Neil Phillips ran a PB of 2:34 and is continuing to improve at this toughest of races. Whilst all this was going on the baseball capped dad Peter Lighting was moving through the field at a rate of knots, like a man possessed. His brilliant new PB of 2:28 was arguably run of the day and only his celebrations in the pub after were a match for this gutsy effort. His team mate and training partner Lawrence Avery also ran an absolute blinder to record a time of 2:29 and go below the magical 2:30 barrier. This again, was a truly outstanding achievement and shows Kent AC's strength in depth and its continued development over the years.

Next in and just in front of James Bowler was new boy Jonathan Tipper. Jonathan is relatively new to the sport and comes from a tennis background. Considering his lack of experience his 2:32 did him huge credit and he is obviously one to look out for in the future

To the women, who are going from strength to strength. Despite an amazing top 10 finish Amy Clements found the second half a challenge this year. She still managed to run a very competitive 2:43 thus matching last year's time, but she is capable of going under the 2:40 mark and I look forward to seeing her do so in the near future.

Next in for Kent AC was Alison Thomson who ran a controlled race for an excellent 3:04 PB, and PBs were also recorded by Victoria Buck who finished in a very impressive time of 3:07. Victoria's splits were almost even, and this shows great discipline and stamina. Teresa Murphy who ran a great race and a much improved performance from last year to record 3:09.

There were sadly to be no team medals this year as both men and women narrowly missed out with 5th and 4th place respectively. I think we could win the men's next year and if the women continue to improve maybe we could see a double team gold? Now, that would be something 'else' worth celebrating!

There were so many wonderful performances to reflect on during the post race debrief (in fact there were no less

than 22 PBs) and it's impossible to do justice to every runner within the confines of this article, but I would like to say how proud I felt to be a member of this club after the race. 33 runners taking part, and double that supporting. There is a unique atmosphere within Kent AC that other clubs would dearly love to have. The club is going from strength to strength and these halcyon days will be reflected upon for years to come within the lifetime friendships that have been made at Kent AC

London Marathon Gallery – photos by Ted Aston



Lawrence Avery



Alison Thomson



Jenn Scott



Pete Lighting



Darryl Coulter



Tom



Daniel Stauber



Matt Moroney



Amy Clements



Che Compton



Phil Sanders (pacer)



Tim Alexander



Teresa Murphy



John Gilbert, James Fowler, Tim Lawrence

Other races

Outside of the main competitions and big races that we enter as a club, Kent AC vests are to be seen in action all over the country – and indeed all over the world. We can't cover them all in the newsletter but here's a few highlights...

Leeds Abbey Dash

In the Abbey Dash 10k in Leeds, (November 2015) the club were represented by Owen Hind, Ben Harding and the man who flies the Kent AC flag on the northern racing scene, Russell Bentley. Owen recorded a fast 30:40 not far of his PB and came in 24th in this top quality field. Russell Bentley wasn't far behind, clocking 30:57 in 34th. Then Ben Harding just missed out on a PB, coming home in (46th) and timed at 31:14.

Gosport Half

Four Kent runners took part in the Gosport Half Marathon in November 2015. David Longley had to drop out due to a foot injury, but James Connor came second with a time of 71:45 followed by Michael Longley, 14th with a 75:33 PB and Rich Bidgood 18th in 75:55 (PB).

Wokingham Half

Paul Pollock won this race on 21 February in 63.46, the first of 13 Kent runners taking part. Paul also won the Chichester Priory 10k on 7 February in 29.42

More Spring Halves (or should that be halves?)

Other outstanding Half Marathon performances in the Spring included James Connor's 68.43 at Worthing (14 February), Russell Bentley's 69.04 at Wilmslow, Anthony Johnson's 69.33 at Reading and James Bowler's 70.02 at Paddock Wood (the last three all on 3rd April).

At Bath Half on 13 March 2016 there were strong performances from Kent AC women including Amy Clements finishing in 76.53, and Alison Thomson, Teresa Murphy, Jen Smith and Victoria Buck all coming in between 86 and 88 minutes. James Connor (68.57) and Laurence Avery (71.24) were among the men taking part.

Muddiman at Epsom 10

Tom Muddiman came third in blustery conditions at the Epsom 10 in November 2015.

Amy wins Pirie 10

Amy Clements won the Pirie 10 mile cross country race on 6 December 2015 at Farthing Downs (pictured).



MoRun Murphy

Teresa Murphy won the 10k MoRun in Greenwich on 28 November 2015.

Ultra runners Spenser & Darryl

Despite various health setbacks, Spenser Lane has continued to put in very long runs, including completing the 102 mile Cotswolds Way Century race last September and the Tokyo marathon. But his

biggest achievement was winning gold medal in the Ultra-Centric Gold Rush 72 hour challenge in Dallas, Texas in November – his victory achieved thanks to running 224 miles in the time period.

Fellow ultra runner Darryl Coulter won a 30.5 mile race in the Ranscombe Challenge on 16 January 2016, and also came first in the Battle of Waterloo Challenge Marathon in Walmer in December.

Chris in the Mountains

Chris Greenwood was 4th overall (and 2nd V40) in the World Masters Mountain Running Championship at Betwis Y Coed in Wales on 12 September 2015. He also won the Self-Transcendence 10k in Battersea Park on 5 March 2016.

Owen of Armagh and Trafford

Owen Hind ran the Armagh 5k International race pm 18 Feb 2016 in 14.27. A month later he ran the Trafford 10k on 13 March 2016 in 29.40. Unfortunately the course was one of a number in the Manchester area found to have been wrongly measured – so the course was short.

More Spring Marathons

Arif Merali (2.54.53) and James Donaldson (2.56.57) both PB'd in the Manchester Marathon on 10 April 2016. Robert Laing did likewise at Brighton Marathon on 17 April 2016 in 2.47.30.

Neil Phillips in Inter Counties XC

Neil Phillips was selected to run for Kent County in the Inter-County Cross Country Championship on 12th March, coming at 46th place in what is generally regarded as the top national XC field in the season. The county narrowly missed out on the medals, coming in 4th place.

Kent AC International

Euro Success for Alex Yee

Alex Yee had a breakthrough cross country season, earning a Team GB place in the trials in Liverpool, then going on to be first Briton home in the European Cross Country Champs and to win the Edinburgh International Junior Cross country race. All this and English Schools...

UK Trials for European CC Champs, November 2015

Despite the impending gloom as the rain swept in on an otherwise friendly Sefton Park in Liverpool our representative on the day Alex Yee really lifted the gloom with a superb run in his first outing on the big stage as he came home in 2nd place in the U20 race.

Handling his nerves on the day really well he took the field on really early as he led the race, pushing on the pace steadily and he whittled the field down to 6 in the lead group by the end of lap 1 of the 2 lap race.

With just 5 places available for the GB team on offer for the European CC champs the pace then settled down and the lead then changed several times before a massive kick from the winner caught the field somewhat unaware. Then Alex responded superbly and went past most of the pack to seal 2nd spot and a well earned place in the GB team.

European Cross Country Champs December 2015

Alex Yee produced a superlative run at the European Cross Country Champs U20 race in Hyeres, France to come home in 9th place – the first GB athlete home.

He went out fairly hard from the beginning and he was in the lead group of 10 early on before the leader got away. He was hanging in well and his confidence was growing steadily throughout the race. As the final 2000m arrived

he was caught by the group behind but he rallied really well as he surged past a couple more athletes. To make matters even more remarkable he was the youngest athlete in the top 18 home so his mature run speaks volumes about his potential.

Edinburgh International Junior Cross country race

In Athletics Weekly the week before this prestigious race, longstanding contributor and Surrey X Country League organiser Martin Duff picked Alex as his 'one to watch' for 2016 and it didn't take long for his judgement to be proved right.

While a lot of media coverage focused on Mo Farah's defeat in the senior race, knowledgeable distance running observers will have taken due note of Alex's victory over the cream of young distance runners from Europe and America. The British Athletics website described Alex's

victory as 'clinical', and he had to battle hard, particularly against an impressive young Irish athlete, Kevin Mulcaire. Alex showed his maturity by clawing back a deficit of four seconds, and then once he got on level terms there was no doubting who was going to be the winner.

English Schools

Alex Yee handled the pressure of being the favourite for the Senior Boys title at the English Schools Cross country championships really well as he produced a commanding performance and won by over 200 metres.

The course was good going throughout with one major hill on each of the three laps on the old Inter Counties course at Nottingham.

After a steady start in which he led the pack it was obvious to all that he was chomping at the bit and when he pushed on at the pre arranged spot after a mile and a half his lead increased steadily and kept growing.

He even had time to wave at impressed spectators on his last lap and sealed one of the most impressive wins ever seen in these championships.



Kent Trio run for England in British & Irish Masters Cross Country

Kent AC could proudly boast having three athletes competing for England in the race in Dublin on November 14 2015. In the male V40 section we had Chris Greenwood seeking to extend his winning run of success, but also selected on the back of some impressive performances during the last year, Phil Sanders. As well as our two male representatives we had Cath Stibbs in the women's V40 section. In the first race of the day in a large and high quality field, Cath Stibbs ran strongly to place (14th) in the V40 women's race and secure a team gold as a member of the dominant V40 England team.



In what were described as typical Irish conditions – wet and wind – Chris ran superbly. He started fairly conservatively, but soon moved through to dominate the race from lap one on what had become an extremely muddy course. Chris was to record his third victory in a row in his age group. To add to his achievement, this year he was also the overall race winner in the race that is combined with the V35 runners. Last year Chris was just pipped by a “youngster” from the V35 age group, but this year he convincingly beat all comers by almost 30 seconds. Making his debut in the race, Phil Sanders, perhaps noted more for his road running exploits, ran really well to come home (13th) in the V40 race and secure team silver. This year on home soil the Ireland team were the clear winners of the V40 Team race.



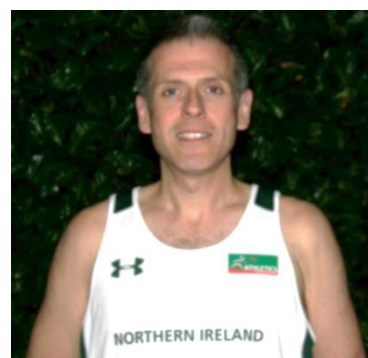
Owen Hind in Great Ireland Run 10k

Owen Hind made his debut in an England kit in the Great Ireland Run 10k in Dublin on 10th April, finishing 4th in 30:28 with another 8,000 runners behind him.



Darryl Coulter N.I. Master

Darryl Coulter has run several times for Northern Ireland Masters in the last year, including in the 1500m at the BMAF Champs at Lee Valley in March 2016.



Joe Appiah: European Masters Champion in V45 60m Hurdles



Joe Appiah (centre) with other medallists

Joe Appiah is European Champion for M45 in the 60m hurdles, following victory while running for Great Britain in the European Masters Indoor Championships, held at Ancona in Italy at the end of March 2016. In the process he set a new European M45 record of 8:35.

Joe also competed in the 60m M45, finishing 2nd in both his heat and his semi-final before finishing in 5th place in the final in 7.38.

Earlier in the season he had broken the British Masters M45 age group 60m Hurdles record with a time of 8.46secs in the Midlands Open at Birmingham on 21st February.

He also took part in the Amsterdam Indoor on 6 February 2016, running in both the 60m (7.43) and the 60m Hurdles (8.73). In the British Indoors Championships in Sheffield on 27 February he ran 8.68 in the 60m hurdles.

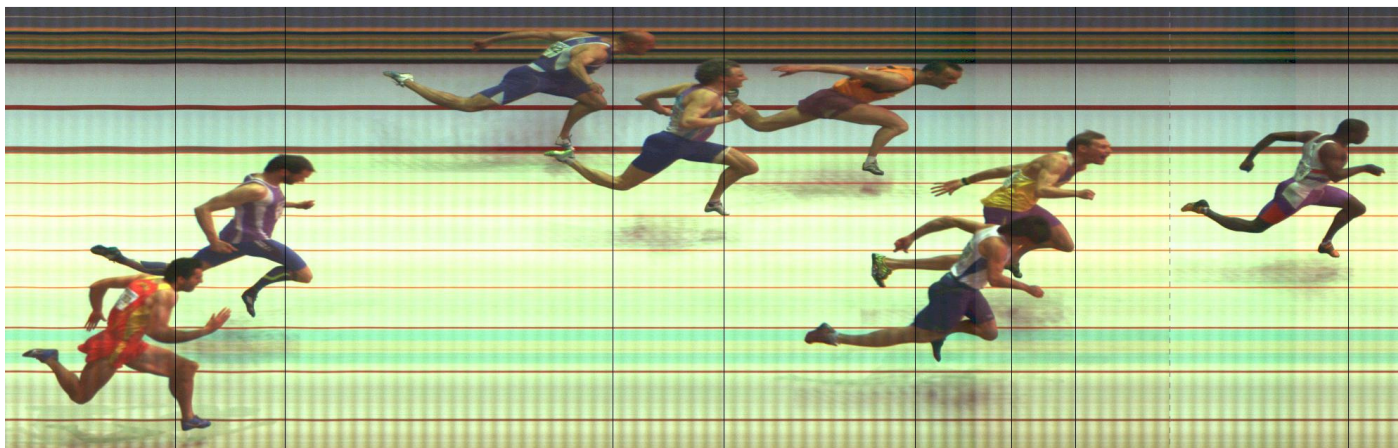


photo finish of 60m hurdles final with Joe Appiah in first place

Conrad Williams in Florida



Team GB regular Conrad Williams ran in a number of Spring races in Florida. At the NTC/PURE Athletics Spring Invitational in Clermont on 30 April, he ran 21.17 in the 200m and 46.7 in the 400m.

In the Tom Jones Memorial in Gainesville (Uni. of Florida) a few days earlier he ran the 400m in 46.42.

Paul Pollock selected for Ireland

Paul Pollock, pictured here running in Kent vest in the Wokingham Half, has secured a marathon place in the Ireland team at the Rio Olympics. Although he had to withdraw from the London marathon with a foot injury, he ran a strong 62.46 half in the IAAF World Half Marathon Championships in Cardiff on 26th March - not to mention a 2:15:38 Berlin Marathon and a 9.42 10k the Chichester Priory 10k on 7 February.



Indoor Athletics

Crystal Palace Open

The Crystal Palace Open on 13th January 2016 saw under-20s sprinter Max Harbord secure a PB of 7:26 seconds in the 60m race. Max Harbord had started his indoor season well with a PB of 7.37 secs in the Windsor, Slough, Eton & Hounslow AC Winter Series at Eton on 3rd January, but improved further on the National Sports Centre's indoor track. An excellent improvement overall from running 8.11 seconds indoors in January 2013.

Metaswitch Games Open at Lee Valley

Luke Sargeant (Kent AC & Brighton University) achieved his 60m season best of 7:28 at Lee Valley on 3 January. Joe Appiah ran in the 60m hurdles (8.78 and 8.80).

South of England Indoor Championships

The SEAA (South of England Athletics Association) U20/Senior Indoor Championships were held at Lee Valley on 16th and 17th January 2016. Josh Street went one better than last year by winning gold in the senior 200m final, running a 22.01 seconds pb and 22.22 secs in the heats.



Josh Street (centre) on podium

The quality of the 60m final races were slightly let down by the organiser's timetable: 60m finals were 5 hours later from the heats and semi's. The majority of the top athletes did the heats and semis and didn't bother to wait for the final. Other Kent results included:

- 60m Heats: Jonathan Browne 6.95 & 6.89 secs; Luke Sargeant 7.30 secs; Max Harbord 7.26 secs (equal pb)
- 200m Heats: Luke Sargeant 23.48
- 60m Hurdles: Joe Appiah 8.79 & semi 8.82secs
- Triple Jump: David Wellstead 13.55m.

Silver Medal for Josh Street at BUCS

Josh Street won Silver Medal in the 200m at the BUCS (British Universities and Colleges Sport) indoor championships at Sheffield on 21st Feb 2016. Josh followed his indoor success at SEAA with an excellent race. After running 21.77secs in the heats, he ran a great 200m final in a pb time of 21.61secs. This time now ranks him 7th in the UK.

Kent County Indoor Championships

In the Kent County Championships at Lee Valley, 19-10 March 2016, Aaraon Broderick ran in the 60m with a best time of 7.39. Max Harbord ran in the 60m Under-20s, with times of 7.28, 7.32 and 7.34.

Surrey County Indoor Champs

Kent AC's David Wellstead came 2nd in the senior men's Triple Jump in the Surrey County Championships held at Kingston on 15 May with a season best of 13.79. He also competed in the Long Jump with a 4th place jump of 6.27.

Newham Athletics Network 60m open

Josh Street ran a 6.91 second 60m at Newham on 27 January, with Max Harbord running 7.38 seconds.

Three Kent AC runners took part in 10 February event, including Aaron Broderick (7.42, 7.44); Elliott Morgan (U20- 7.85, 7.85) and David Wellstead (7.97, 8.00).

At Newham on 24 February, Max Harbord narrowly missed his PB with two 60m runs of 7.27. Also competing for Kent was David Wellstead (7.96, 8:09)

Midlands and Essex Opens

Aaron Broderick's best 60m run of the indoor season was 7.38 in the Midland Counties Open at Birmingham on 21 February. Joe Appiah ran the same distance in 7.49, as well as setting a British Masters V45 record in the 60m Hurdles of 8.46 (see Kent AC International section).

Kent AC News

Marathon tales

This year's London Marathon took place on the same weekend as the 400th anniversary of Shakespeare's death, and the press office at the Marathon noticed that the runners list included Kent AC's Bethanie Shakespeare. What's more, Bethanie was able to tell them that thanks to her dad's genealogical labours it had been established that she was in fact a distant relative of the bard. Press coverage included an item on BBC in which Bethanie mentioned Kent AC and an interview at the finish line by Gaby Roslin.



Darryl Coulter was also briefly seen on the BBC TV coverage of the London Marathon, as he crossed the finish line in close proximity to Dame Kelly Holmes.



Pete Boxhsall: Inspire Daily Coach

Women's team coach Pete Boxhsall was featured in Athletics Weekly on February 11th having been selected as one of 22 'Brooks Inspire Daily coaches' chosen for their ability 'to motivate anyone they meet. Coaches who are active in their running communities, going above and beyond to help others achieve their goals'



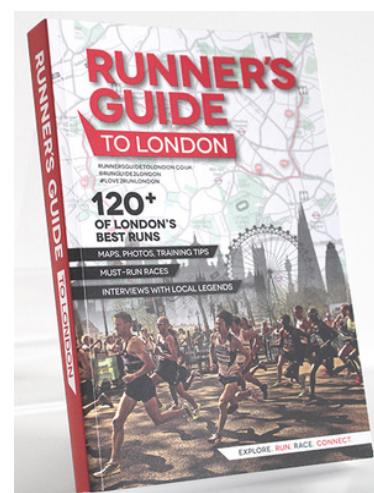
Freyathlon

Lewisham cancer survivor Freya Rodger has set herself the target of trying out all 100+ sports that women will be competing in at the 2016 Olympics. She writes about her 'Freyathlon' at her blog

(<http://freyathlon.com>). As part of her training, Freya has taken part in our track sessions which she mentioned in an article in Lewisham Life magazine (Winter 2015): 'I joined Kent Athletic Club, based at Ladywell Arena, to get better at running... When I first went to a track session I was really nervous because I thought everyone else would be so much fitter than me. They are but they're really supportive and encourage me'

Runners Guide to London

New Zealand-based runner/coach Hayden Shearman was over for the London Marathon Expo promoting his excellent 'Runners Guide to London' book. While based in London in 2012, he scored for Kent AC in several Assembly League and Southern Men's League races.



Kent AC History

Larry Garnham update on his history research

As you probably know by now, some five years ago I decided to look into the history of Kent AC, especially wanting to know if we had any previous 'stars' in the club. I wrote to some old members and got back a few replies and that was the basis of me formulating a way forward. I went back through some old newsletters and realised that the task was going to be much harder than I thought.

I went to see Ron Hale and got some old paperwork including some press cuttings (unfortunately not dated) and thus a lot of detective work was required. Then after mentioning it in a newsletter Rob Sear rang me up and told me he had a wodge of Kent AC paperwork. Not only did he hand over loads of useful info but he helped me develop my less than satisfactory computer skills and then set out a timetable and broke down the history (1898 to 2011) into chapters.

I have put my own 'take' on some events – when ploughing through reams of paperwork/press cuttings/results, you almost get a feel of what was happening at the time. I have virtually finished from 1898 to 2001, and with a few gaps due to information not readily available, I hope to tackle the last chapter and have the project finished by the end of this year (December 2016).

The History of Kent AC will probably be available on a memory stick at a charge to cover the costs. And I understand that Len Reilly may then summarise the History for inclusion into the Newsletter over the next few years. As I said before, it is my take on things and I have sometimes included little snippets about athletics and the era which do not necessarily relate to Kent AC but just give a more diverse picture of the sport. There are plenty of gaps, especially in the earlier part of the history and that will be down to somebody else with far more ability (and time) to excavate from various archives. So look out for The History of Kent AC by the end of the year and hopefully loads of you will subscribe to it.

Kent AC Archive

Kent AC's Len Reilly has established a club archive at Lewisham Local History & Archives Centre. It includes committee minutes, newsletters, press cuttings, photographs and other material donated by Ron Hale - a member of the club since 1947 - ex-secretary Bob Sear, Norman Fairbrass and others. Here's Len's intro to the club's early history. If you have any old Kent AC material under your bed get in touch so we can save it for posterity!

Kent AC is Lewisham's athletics club. It has been based in that part of south London since its formation over a hundred years ago. The club's name is something of a handicap, though one which is enthusiastically retained for reasons of consistency and nostalgia, though hardly accuracy, as at its foundation in 1898 Lewisham hadn't been in Kent for over a decade. The club has its origins in two older organisations, Lewisham Hare and Hounds, founded in c. 1885 and West Kent Harriers, founded c. 1887. They amalgamated in the summer of 1898 and Kent AC is first heard of by that name in July of that year.

As well as spawning Kent AC, a splinter group within Lewisham Hare and Hounds also founded Catford Cycling Club, whose records are also held at Lewisham Local Studies Centre.

At this time Kent AC and its peers were very much on the periphery of London and so could enjoy access to true countryside runs at Bellingham, Beckenham and Kidbrooke. Competition in the early years was largely informal and against other familiar clubs such as Herne Hill and Highgate Harriers. It was not until the early 20th century that Kent A.C. got involved with formal competition arranged through district and regional associations. The winter cross-country season was of 8 – 10 events and featured still contested competitions such as the South of the Thames championship. The club's leading runner was Albert Aldridge, who was second in the Southern Counties Cross County Championship in 1903; an achievement yet to be equalled. The summer saw competitions over shorter distances and the emergence of Ladywell as the summer head quarters, even before the track was built. In the 1920s the club mile record was a very creditable 4.19, run by AJ Lock. There was regular competition against Corinthian, St Brides, Metrogas and Victoria Park Harriers. The club had an active social life, including cycling, billiards, garden parties and concerts. A coming of age dinner was held in March 1920.

The club had no fixed base in its early years. Venues used for meeting and cleaning up were scattered through south-east London and north Kent. However a major turning point was the building of Ladywell track in 1936 (at the same time the London County Council built Tooting) which has been the club's headquarters ever since, firmly rooting it to inner London and scuppering the aspirations of some members of following local rivals Blackheath Harriers to the outer suburbs.

Kent Athletic Club Records (Male)

Compiled by Larry Garnham – correct as of 30 September 2015

EVENT	SENIOR	UNDER 20	UNDER 17	UNDER 15	UNDER 13
100mtrs	J Lawal Balogun 10.27	Steve Green 10.5	Steve Green 10.7	Sosthene Yao 11.11W	P Flanders 13.3
200mtrs	J Lawal Balogun 20.38	Steve Green 21.1	Steve Green 21.5	Sosthene Yao 23.1	M Brockington 28.7
400mtrs	Conrad Williams 45.06	Jack Green 47.8	Stuart Wenden 50.9	J Regan 55.0	H Bartholomew 63.6
800mtrs	Jermaine Mays 1.49.17	Jermaine Mays 1.52.2	C Curtis 1.59.3	K Boylan 2.04.3	S Deacon 2.34.5
1500mtrs	Jermaine Mays 3.39.84	Paul Pollock 3.50.17	Alex Yee 3.59.23	K Boylan 4.05.6	R Bennett 5.08.0
Mile	3.59.64				
3000mtrs	Jermaine Mays 7.55.96	Alex Yee 8.14.8	Alex Yee 8.28.44		
5000mtrs	Ben Tickner(1) 13.58.89	Alex Yee 14.09.18	Alex Yee 14.40.4		
10000mtrs	Paul Pollock 28.32.18				
Sprint hurdles	Matt Field 14.44	Lee Hamilton 14.1	A Davis-Phillip 15.1	Sosthene Yao 11.9	
400mtrs hurdles	Jack Green 48.60	Jack Green 50.49	J Kearns 55.6		
Steeplechase	Jermaine Mays 8.30.41	Jermaine Mays 5.47.29	Jermaine Mays 4.18.14		
Half Marathon	Paul Pollock 64.16.0				
Marathon	Paul Pollock 2hrs16.30				
High Jump	Mike Holden 2.01i	A Davis-Phillip 1.89	A Davis-Phillip 1.85	M Stephenson 1.73	M Horlock 1.30
Long Jump	Matt Burton 7.94i	Matt Burton 6.95	P Flanders 6.62	C Anderson 6.02	P Flanders 4.45
Triple Jump	Matt Burton 15.52	Matt Burton 15.24 (15.28W)	Matt Burton 14.59	J Thomas 11.37	
Pole Vault	Mike Holden 5.13	Howard Frost 3.70	Howard Frost 3.20	Howard Frost 2.40	
Discus	Sean Breathnach 51.11	J Sampson 47.80	Jay Thomas 40.70	Jay Thomas 42.78	M Hill 14.70
Shot Putt	Sean Breathnach 17.84	Jay Thomas 17.66	Jay Thomas 18.08	Jay Thomas 18.02	M Pusor 9.24
Hammer	E Reina Garcia 50.96	Adam Burton 35.25			
Javelin	Max Hall 63.86	Jay Thomas 44.02		J St Luis 37.69	

Decathlon Pentathlon	Mike Holden 7233pts Russell Frost 3070pts	Howard Frost 6047pts	A Davis-Phillip 4294pts (Octathlon)	Sosthene Yao 2641pts (Pentathlon)	
4 x 100m relay	J Browne, C Williams, M Wepke, J Lawal-Balogun 41.03	H Frost, R Frost, C Johnson, S Wenden 44.7 S Smith, V Barzey, L Garba, S Yao 44.7	L Garba, M Burton, J Thomas, D Miller 44.6	J Shields, L Garba, C Gordon, J Thomas 47.5	
4 x 400m relay	A Davis-Philip, C Williams, D Green, L Wooldridge 3.13.25	V Barzey, A McCammon, T Flood, S Mulligan 3.26.4	Lucky Garba, Dominic Grant, Sylvan Kiwanuka, Sahr Lebbie 3.45.6	S Smith, M Cooper, M Makasi, S Yao 3.44.7	
MEDLEY:	J Opio, R Hylton, C Williams, A Dunwoody 3.28.3	S Wenden, C Anderson, H Frost, J Mays 3.33.8			

(2) Gary Thornton 13.57.00 (membership of Kent AC lapsed)

Kent in the Community

Kent AC does a lot more than compete in races and win medals for the club. Our volunteer coaches are nurturing the next generation of runners, and our members play an invaluable role in encouraging running in the wider community. In the last few months for instance, Kent AC volunteers have assisted with both the Lewisham and Southwark schools games and marshalled at the London Marathon. Members have also helped out with parkrun, including the new Junion parkrun in Hilly Fields, and Lewisham GoodGym - which Adele Prince (one of the coaches of the Kent AC girls group) highlights here:

Good Gym

Do you ever combine your run with something else? Doing a bit of shopping along the way, run an errand on your return leg? Have you ever thought of visiting someone as part of your training? Since January, GoodGym have been giving the people of Lewisham (and also Greenwich and Southwark) the chance to 'use their run' to do good in the community. Alongside our group runs, where we run to a charity or community organisation, carry out a physical task to help out, then run back as a group, you can be paired with an isolated older person in the borough. This person is called your 'coach', because they get you out running when you might not feel like it. You commit to running to your coach once a week, for a social visit of just twenty minutes to half an hour, checking in and having a chat. Our group runs are a great way to get to know new people, find out what's going on in our area and feeling a part of a wider community.

If you want to get involved, or find out more, check our website www.goodgym.org or come along on a Monday at 6:45pm, to Glass Mill Leisure Centre in Lewisham.



Mental Health Ambassador

*Kent AC veteran **Ronnie Haydon**, who has volunteered to be the club's Mental Health Ambassador, explains why it's important to share what we all know – running is good for the soul*

The Mental Health Ambassador programme, launched 19 April by [England Athletics](#) and supported by the charity [Mind](#), has recruited 128 of us ambassadors, from 91 affiliated athletics clubs across the country. The volunteer programme links to #runandtalk, a campaign to improve mental health through running in England.

As one who self-prescribed a regular jog to alleviate mid-life blues and turned into an athletics evangelist, I can run with that. The talking part shouldn't be a problem, as anyone who has warmed up with me on a Tuesday evening will testify.

What I really want to do, though, in terms of the club's part in all this, is to use the initiative to strengthen Kent AC's role in the wider community. We should be committed to the idea of attracting more members, not just because we want to improve our standing in various leagues, but because most of us would agree we always come away from Tuesday night training feeling better about life, and it would be good if more people had access to that feelgood factor.

As a back-of-the-pack runner, however, I sometimes worry that potential new members who come to a taster session to see if Kent AC is right for them feel a little intimidated by the sight of the lean and leggy elites belting around the track. I know how it feel to puff around on the inside lane getting buffeted by the A team's slipstream, but I have been coming to club long enough not to let it bother me.

When I had a severe case of the midlife blues, however, triggered by a toxic dose of Invisible Woman Syndrome and topped off with work stress and family illness I found I could not brace up to Tuesday nights. I knew I'd run slowly, then feel a bit crap and worried that no-one would talk to me, so I kept away from Kent AC for over a year and ran alone.

It took a supreme effort of will to come back, and I am so glad I did. I basked in the warm welcome I received from Coach Adrian, Ellie Brown, Ted Aston and the new influx of runners from Hilly Fields parkrun. It seemed that while I'd been away, the club had become friendlier (and quite a lot bigger).

As Mental Health Ambassador I want to use my experiences to help create my mental health action plan

for this club – the first step of the plan is identifying myself as a person for runners to come to if they're feeling anxious or overwhelmed. I also want to tap in to the reputation that Kent AC, and indeed Hilly Fields parkrun, have for being friendly, and trial a newcomers' scheme.

I would like one Tuesday a month to have a sub-group for newcomers, which I volunteer to take. I would make a note of new runners' names, goals and email addresses, so that I could get in touch with individuals for feedback and let them know of club races coming up. The session would probably take place in the park, after the four-lap warm up to talk about track running and being a part of Kent AC.

Of course, Coach Adrian does a fantastic job and takes care to run with every new potential member who turns up on a Tuesday, but he also has to deal with established members of his women's group, and keep an eye on their progress. He can't possibly give individual attention to everyone. That's why I think that initiating, say, the first Tuesday of every month, as Run And Talk taster sessions, we'd be able to present an even more welcoming face for those runners who have steered themselves to give this Athletics Club thing a go, but need encouragement.

Going out for a run has well-documented head-clearing benefits, and exercise generally is a proven remedy for anxiety and stress. [NHS Choices](#) website has exercise alongside CBT and counselling as a proven, effective, alternative to antidepressants. I think it would be wonderful if Kent AC did its bit to promote running as therapy, and work towards forging a relationship with local Mind community mental health groups, and I would really like for all members to play their role in starting conversations about mental health and building a support network for all runners, from experienced elites to run-and-chat devotees, like me.

Contact: Ronnie Haydon
(haydonjones@btinternet.com)
for details of First Tuesday of the month Taster Sessions, any queries about starting to run and what standard you need to be to get the most out of club

membership, as well as and other issues regarding Kent AC's role in the community.





parkrun is a regular part of many Kent AC runners weekend routine. The club's closest relationship is with nearby Hilly Fields parkrun, where at the time of going to press 122 club members have run 3064 runs. Kent AC's Adele Prince is one of the run directors there, and a significant number of Hillyfielders have made the short step from there to Ladywell track to improve their running with Kent AC. Club members have helped out as volunteers and as pacers.

A Sunday junior parkrun for 4 to 14 year olds was started at Hilly Fields in May 2015, and since then more than 600 children and young people have taken part.

Meanwhile every Saturday morning Kent AC runners can be found doing a 9am 5k at parkruns round South London and beyond. Let's take a snapshot of one Saturday in April (the 16th). On that day, Mark Anderson was at Wimbledon, Daniel Stauber at Richmond (finishing 2nd in

17:23), Kathy Sharpe at Bromley, Edward Hadlow and Annabelle Hadlow at Greenwich, Dennis and Valerie Fairbrass at Norwich, Bernie Hutchinson at Crystal Palace, Neil Gordon-Orr at Peckham Rye and Natalie Aldham at Valentines parkrun in Ilford. Six Kent AC ran at Burgess Park: Paul Crompton, Marcus Karia, Adrian Dracup, John Barron, Alan Curtis and Edie Crompton.

14 Kent AC ran At Hilly Fields parkun, where Jules Gevers was the second finisher. Four of the first five women finishers were from the club: Isabel Bradley (1st), Jen Smith (2nd), Sarah Young (4th) and Ronnie Haydon (5th). Other club runners included Ian Wood, Hugh Manning, Brian Smith, Ross Andrew, Ian Mizen, Laura McCrave, David Devlin, Andrew Mundy and Eric Glover.

At Dulwich parkrun, Amy Clements set a new female course record as the first woman finisher in 17:02 (she also holds the Hilly Fields course record). Alison Thomson came in 4th and Cath Stibbs in 5th. Adam Paterson, Darryl Coulter and Terry Stephens all finished in just over 19 minutes.

Three Kent AC juniors took a trip to Beckton, where they finished ahead of most of the senior runners. Oliver Bright was 2nd with a new parkrun PB of 17.46 - since then he has improved to a 17.32 at the tough Hilly Fields course. Conrad Schmolck was 6th in 19.43 and Isaac Maxwell 7th in 19.46.

If you can help out as a pacer at Hilly Fields, please let the team know at hillyfieldshelpers@parkrun.com

Girls Running Group

The girls running group is going from strength to strength and has attracted a core of regular runners throughout the winter and spring months. We aim to provide a varied session and the girls are now well disciplined in their warm up, dynamic stretching and drills, followed by anything from pyramids, through fartlek and hill training. This has worked well for the group and we are pleased to have had representation in some of the cross country events (Edie Crompton) as well as competing in this year's mini marathon. The girls have worked really hard and together as a team, encouraging each other and which proved to be an amazing experience for them which some excellent times in the U15 - Agnes Leggett (19:40), Ada Phu (21:51), Aoife Brennan (22:43), Edie Crompton (23:49) and Ellen Budd (26:36). We are proud of their achievements and weekly commitment. The girls group is open to school years 7 to 11 (11-17 years old) and coaching is free with the exception of a 70p track entrance fee. We are Sarah, Ted & Adele.

Results

English National Cross Country Championships Senior Men

26.	John Gilbert	44:22
81.	Russell Bentley	46:11
88.	Neil Phillips	46:23
169.	Ben Harding	48:04
188.	James Savage	48:37
220.	James Bowler	49:04
225.	Owen Hind	49:10
240.	Peter Lightning	49:28
274.	Stuart Beaney	50:22
302.	Calum Fraser	50:26
350.	Tim Alexander	51:05
354.	Phil Sanders	51:08
424.	Lawrence Avery	52:23
436.	Daniel Stauber	52:28
468.	Tom Muddiman	53:02
525.	Richard Mathie	53:52
587.	Len Reilly	54:56
626.	Matthew Moroney	55:26
783.	Alif Merali	57:24
1326.	Ted Aston	1:05:28
1424.	Neil Gordon-Orr	1:07:48
1444.	Bernie Hutchinson	1:08:19
1471.	Michael Barlow	1:09:03
1508.	Andrew Gardiner	1:10:27

English National Cross Country Championships Senior Women

30.	Amy Clements	32:50
114.	Cath Stibbs	35:45
127.	Teresa Murphy	36:07
182.	Lydia Blackmore	37:38
220.	Victoria Buck	38:41
242.	Kate Williams	39:23
390.	Eloisa Brown	42:40
671.	Annabelle Hadlow	52:53
731.	Linda Eyre	1:04:11

South of England Cross Country Championships Senior Men

9.	J. Gilbert	50:50
11.	C. Greenwood	51:18
49.	N. Phillips	54:05
118.	G. Anderson	57:02
127.	P. Lighting	57:15
132.	S. Beaney	57:23
141.	T. Lawrence	57:36
165.	C. Fraser	58:33
183.	T. Alexander	58:58

213.	T. Muddiman	59:48
261.	R. Bidgood	01:01:08
282.	D. Longley	01:01:39
284.	R. Mathie	01:01:42
330.	T. Webb	01:03:05
337.	M. Moroney	01:03:16
351.	C. Compton	01:03:35
424.	J. Cox	01:05:21
607.	A. Curtis-Garcia	01:09:52
695.	L. Stogden	01:12:01
780.	T. Aston	01:14:59
800.	A. Curtis	01:15:40
914.	N. Gordon-Orr	01:21:44
917.	H. Manning	01:22:08
1022.	S. Lane	01:48:15

Surrey League Cross Country (Men)

Race One - Wimbledon Common

3.	Chris Greenwood	24:42
4.	John Gilbert	25:04
5.	O'Connor James	25:22
6.	Owen Hind	25:25
11.	Neil Phillips	25:50
20.	Ben Harding	26:12
35.	Gareth Anderson	26:54
43.	Chris McGurk	27:12
44.	Michael Longley	27:16
47.	Tom Muddiman	27:23
52.	Tim Lawrence	27:35
68.	Stuart Beaney	28:01
77.	Richard Mathie	28:21
81.	Calum Fraser	28:32
83.	Richard Bidgood	28:34
92.	David Sparshott	28:54
103.	Jack Wilson	29:17
114.	Niall Robinson	29:49
117.	Tim Alexander	29:57
122.	Adam Garcia	30:06
168.	Liam Stogden	33:32
172.	Paul Crompton	33:55
174.	Steve Smythe	34:02
176.	Bernie Hutchinson	34:17
185.	Neil Gordon-Orr	35:11
186.	Ted Aston	35:20
187.	Alan Curtis	35:24
195.	Spenser Lane	37:51

Race Two

4.	Chris Greenwood	28:11
6.	John Gilbert	28:40
7.	Owen Hind	28:56
15.	Neil Phillips	29:27
26.	Gareth Anderson	30:06
36.	Michael Longley	30:27
50.	Tim Lawrence	31:06
52.	Daniel Ansell	31:11
59.	Phil Sanders	31:27
67.	Calum Fraser	31:38
69.	Richard Bidgood	31:47
73.	Stuart Beaney	31:50
85.	Richard Mathie	32:32
92.	Niall Robinson	32:56
104.	Matthew Moroney	33:28
118.	Adam Paterson	33:45
140.	Che Compton	34:51
153.	Terry Stephens	35:46
165.	Adam Garcia	36:16
172.	Adrian Dracup	37:32
182.	N Taylor	38:08
183.	Liam Stogden	38:19
197.	Neil Gordon-Orr	39:33
205.	Alan Curtis	40:14
210.	Ted Aston	40:27
214.	Andy Gardiner	42:38
218.	Hugh Manning	43:45
219.	Spenser Lane	44:23

Race Three

1.	John Gilbert	27:52
3.	Chris Greenwood	28:02
5.	Owen Hind	28:31
6.	Neil Phillips	28:33
13.	Mike Coleman	29:21
23.	Jonathan Tipper	30:05
40.	Ben Hope	30:55
44.	Tim Lawrence	30:59
51.	Peter Lighting	31:17
53.	Gareth Anderson	31:20
54.	Daniel Ansell	31:22
58.	Tim Alexander	31:36
60.	Calum Fraser	31:37
74.	Phil Sanders	32:07
76.	Tom Huddiman	32:16
105.	Richard Mathie	33:29
115.	Luke Armitage	33:53
146.	Matthew Moroney	36:41
161.	Adrian Dracup	38:00
167.	Liam Stogden	38:51
169.	Alan Curtis	39:00
173.	Ted Aston	39:49

181 Neil Gordon-Orr 40:43
188 Andy Gardiner 42:25

Race Four

1 Alex Yee 25:49
2 John Gilbert 26:23
5 Chris Greenwood 27:18
6 Neil Phillips 27:22
21 James Bowler 28:23
24 Owen Hind 28:32
42 Peter Lighting 29:09
44 Ben Hope 29:17
52 Tom Muddiman 29:30
63 Stuart Beaney 29:45
64 Tim Lawrence 29:48
65 Calum Fraser 29:54
67 Jonathan Tipper 30:07
71 Ian Elwood 30:07
78 Tim Alexander 30:21
82 Lawrence Avery 30:33
90 Richard Mathie 30:49
100 Niall Robinson 31:03
122 Tom Webb 32:08
124 Luke Armitage 32:29
182 Neil Gordon-Orr 39:18

Surrey League Women Division Two

Race One

Pos	Name	Time
4	Cath Stibbs	24:55
5	Lydia Blackmore	25:00
8	Victoria Buck	25:30
16	Kate Williams	26:46
25	Natasha Mckenna	27:25
41	Ellie Brown	29:02
96	Nicola Cartledge	32:42
181	Annabelle Hadlow	40:27
190	Linda Eyre	45:04

Race Two

Pos	Name	Time
2	Amy Clements	25:01
7	Cath Stibbs	26:35
9	Teresa Murphy	27:20
17	Victoria Buck	28:27
19	Lydia Blackmore	28:28
34	Kate Williams	30:36
62	unknown athlete	33:09
83	unknown athlete	34:50
168	Annabelle Hadlow	42:47

Race Three

1 Amy Clements 27:00
6 Teresa Murphy 29:31
8 Cath Stibbs 29:42
14 Alison Thompson 31:24
16 Lydia Blackmore 31:30
44 Bethanie Shakespeare 35:08
96 Nicola Cartledge 39:02
153 Annabelle Hadlow 44:53
176 Linda Eyre 55:56

Race Four

2 Amy Clements 30:19
4 Teresa Murphy 32:27
6 Cath Stibbs 33:06
7 Isobel Bradley 33:07
8 Jennifer Smith 33:18
10 Lydia Blackmore 33:34
13 Laura Blazney 33:59
24 Kate Williams 36:03
28 Natasha Mckenna 36:35
30 Bethanie Shakespeare 36:49
46 Sarah Young 38:04
62 Ellie Brown 39:31
67 Zuzana Nemeckova 40:04
73 Ronnie Haydon 40:40
154 Annabelle Hadlow 49:14
162 Janett Ricketts 49:58

Chichester Priory 10k,
7 February 2016

1.	Paul Pollock	29.42
13.	John Gilbert	31.03
29.	James Bowler	32.53
62.	Stuart Beaney	34.23
70.	Amy Clements	34.56
84.	Ian Ellwood	35.29 PB
107.	Luke Armitage	36.13
209.	Cath Stibbs	39.24

Battersea Park Self-
Transcendence 10k, 5 March 2016

1.	Chris Greenwood	31.56
4.	Lawrence Avery	32.59 PB
10.	Pete Lighting	34.03 PB
15.	Calum Fraser	34.10
20.	Gareth Anderson	34.58
23.	Tim Lawrence	35.20

Wokingham Half 21 Feb 2016

1.	Paul Pollock	63.46
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12.	Jonathan Tipper	71.07
31.	Lawrence Avery	73.30 (PB)
32.	Peter Lighting	73.34
34.	Stuart Beaney	73.47
47.	Gareth Anderson	75.11
61.	Phil Sanders	76.18
62.	Tim Lawrence	76.24
64.	Amy Clements	76.34
78.	Tim Alexander	77.45
230.	Cath Stibbs	84.55
428.	Darryl Coulter	91.30
536.	Laura Blazey	94.14 (PB)

Bath Half 13 March 2016

9.	James Connor	68.57
21.	Laurence Avery	71.24
77.	Amy Clements	76.53
129.	Adam Paterson	80.02
353.	Alison Thomson	86.24
351.	Teresa Murphy	86.26
374.	Jennifer Smith	86.57
428.	Victoria Buck	87.51
1017.	Ted Aston	96.25
1131.	Nicky Hayes	97.08
1340.	Chris Hangartner	99.36

Berlin Marathon

30.	Paul Pollock	2:15:38
31.	John Gilbert	2:15:49
143.	Phil Sanders	2:30:30
154.	Paul Griffiths	2:31:59
169.	Peter Lighting	2:33:18
202.	Lawrence Avery	2:34:42
281.	Stuart Beaney	2:38:37
317.	Neil Phillips	2:39:47
728.	Richard Elliot	2:49:51
828.	Terry Stephens	2:51:50
3283.	Darryl Coulter	3:12:41
5448.	Ted Aston	3:24:32

30.	Amy Clements	2:40:11
2469	Bethanie Shakespeare	3:59:36

Reading Half Marathon

Anthony Johnson 69:33,
Pete Lighting 73:56
Che Compton 74:31
Ted Aston
Neil Gordon-Orr

National Road Relays 12 Stage, Birmingham, April 16h 2016

A team:

1. Russell Bentley	29-40
inj 54 th	
2. James Bowler	15-
52 36 th	
3. James Connor	27-
32 30 th	
4. Jim Savage	16-
34 27 th	
5. Owen Hind	26-
26 17 th	
6. Peter Lighting	16-
57 17 th	
7. Ben Harding	27-
36 15 th	
8. Phil Sanders	17-
18 15 th	
9. Anthony Johnson	28-
04 15 th	
10. Tom Muddiman	17-
06 16 th	
11. Neil Phillips	28-
11 15 th	
12. Chris Greenwood	15-
52 12 th	
Team: 12th place in a time of 4hr 27min 08sec (68 teams)	

B team

1. Tim Lawrence	29-
41 55 th	
2. Nick Ostrowski	18-
15 55 th	
3. Calum Fraser	30-
00 53 rd	
4. Luke Armitage	19-
03 51 st	
5. Ian Ellwood	31-
55 52 nd	
6. Joe Hartley	18-
39 52 nd	
7. David Longley	30-
27 52 nd	
8. Richard Mathie	18-
15 49 th	
9. Michael Longley	30-
56 48 th	
10. Matt Moroney	18-
08 47 th	
11. Tim Alexander	30-
34 46 th	
12. Adam Garcia	18-
55 46 th	
Team: 46th place in a time of 4hr 54min 28sec	

Second B team out of 7 teams – all of whom had to qualify via Area Relays

National 6 Stage Road Relay,
Birmingham, 3 October 2015

Teresa Murphy 52. 16:35
Alison Thomsom 51 17:21
Lydia Blackmore 37 16.34 (+14)

Name Time Pos

Name	Time	Pos
Chris Greenwood	18 07	24 th
Owen Hind	17 46	14 th
Ben Harding	18 24	15 th
Jim Savage	19 59	24 th
Owen Greene	19 02	22 nd
James Connor	18 08	18 th
Total 1 hr 51 min 26 sec		

South of England 4 and 6 Stage
Road Relay

1Highgate H 1:50:14; 2 Belgrave H 1:51:32; 3 AFD 1:52:40; 4Tonbridge1:52:57; **5 Kent1:53:25**

Ben Harding (12) 18:48 Alex Yee (3) 18:13 Neil Phillips (4) 19:00 John Gilbert (3) 18:26 Lawrence Avery (5) 20:10 James Connor (5) 18:48

Fastest: Phil Wicks (Belgrave H) 17:45; J Davies (Reading) 17:55....8th fastest Alex Yee (Kent) 18:13